




OSSIAN SEPTEMBER MENU



Milk Served Everyday
MENU SUBJECT TO CHANGE

3rd, 4th, and 5th Graders have a choice of lunch A or B
(A is listed first, B is listed second)

"USDA is an equal opportunity provider and employer."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 B-Breakfast Wrap/Fruit L-Pig-in-a-Blanket BBQ Rib Sand. French Fries Baby Carrots Applesauce 	2 B-Cereal to Go L-Chicken Rice Soup w/cinn. Twist or Grilled Ham & Cheese Sand. Steamed Broccoli Cucumbers w/dip Grapes	3 B-Pancake Wrap/Fruit L-Cheese Quesadilla or Walking Taco w/cheese & Cherry Tomatoes lettuce Corn Sliced Pears	4 B-Breakfast Pizza/Fruit L-Chicken Sticks or Cheeseburger Sand. Sweet Potato Tots Romaine Lettuce Fruit Salad Chocolate Chip Cookie
7 LABOR DAY (No School)	8 B-Scrambled Eggs/Toast/Fruit L-Chicken Wrap or Turkey Wrap Steamed Broccoli Lettuce Applesauce	9 B-Cereal to Go L-Hamburger Sand. or Hot Dog Sand. Baked Beans Cherry Tomatoes Sliced Peaches Oatmeal Cookie	10 B-Cheesy Omelet/Toast/Fruit L-French Toast Sticks w/ Sausage or Chicken Patty Sand. Tri Tator Celery Sticks Orange Smiles	11 B-Biscuit & Gravy/Fruit L-Cheese Pizza or Hoagy Sand. Green Beans Baby Carrots Grapes
14 B-Pancakes/Fruit L-Popcorn Chicken or Steak Fajita Tator Tots Celery Sticks Applesauce Soft Pretzel	15 B-Breakfast Wrap/Fruit L-Soft Taco or Hard Shell Taco Lettuce & Cheese Refried Beans Cherry Tomatoes Pineapple	16 B-Cereal to Go L-Macaroni & Cheese w/muffin or Grilled Chicken Sand. Peas Baby Carrots Jell-o w/fruit	17 B-Scrambled Eggs/Toast/Fruit L-Sloppy Joe Sand. or Chicken Pot Pie Green Beans Cucumber Slices Watermelon Chunks Brownie	18 B-Bagel Pizza/Fruit L-Sausage Pizza or Shaved Turkey Sand. Steamed Broccoli Romaine Lettuce Sliced Peaches
21 B-French Toast/Fruit L-Corn Dog or Pizza Burger Sandwich Sweet Potato Fries Celery Sticks Pineapple	22 B-Egg Bacon Muffin/Fruit L-Spaghetti & Meatballs w/breadstick or Pulled Pork Sand. Green Beans Romaine Lettuce Sliced Peaches	23 B-Cereal to Go L-Turkey Slice or Salisbury Steak Mashed Potatoes Baby Carrots Grapes Hot Roll	24 B-Frittata/Toast/Fruit L-Burrito or Nacho Cheese Tortilla Chips Steamed Broccoli Cherry Tomatoes Orange Smiles 	25 B-Pancake Wrap/Fruit L-Fish Sticks or Tenderloin Sand. Baked Beans Cucumber Slices Apple Crisp
28 B-Pancakes/Fruit L-Chicken Nuggets or Fish Sandwich Corn Cole Slaw Sliced Peaches Cookie 	29 B-Breakfast Tac-Go/Fruit L-Pig-in-a-Blanket or Rib BQ Sand. Potato Wedges Cucumber Slices Pears	30 B-Cereal to Go L-Chicken Stir Fry w/brown rice or Teriaki Bites w/brown rice Steamed Broccoli Baby Carrots Pineapple Cinnamon Twist		

Don't forget Northern Wells Community Schools serves breakfast every day. Your student could start their day with a nutritional advantage.

