

Food Zone

Virtual School Menu September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Breakfast Cereal Fruit Cup / Fruit Juice Milk Lunch Hamburger w/ Bun Tater Tots Carrots Fruit Cup / Whole Fruit Milk	2 Breakfast Pancakes Whole Fruit / Fruit Juice Milk Lunch Chicken Patty Sandwich w/ Bun Broccoli Carrots Fruit Cup / Whole Fruit Milk	3 Breakfast Sausage Breakfast Pizza Whole Fruit / Fruit Juice Milk Lunch Bosco Sticks w/ Marinara Sauce Cucumber Slices Fruit Cup / Whole Fruit Milk	4 Breakfast Doughnut Whole Fruit / Fruit Juice Milk Lunch French Toast Sticks, Sausage Patty Potato Triangle Carrots Fruit Cup / Whole Fruit Milk
7 No School	8 Breakfast Cereal Fruit Cup / Fruit Juice Milk Lunch Rotini Pasta & Meat Sauce Broccoli Fruit Cup / Whole Fruit Milk	9 Breakfast Pancakes Whole Fruit / Fruit Juice Milk Lunch Chicken Nuggets French Fries Carrots Fruit Cup / Whole Fruit Milk	10 Breakfast Sausage Breakfast Pizza Whole Fruit / Fruit Juice Milk Lunch Mozzarella Cheese Sticks w/ Marinara Sauce Celery Sticks Fruit Cup / Whole Fruit Milk	11 Breakfast Doughnut Whole Fruit / Fruit Juice Milk Lunch Stuffed Crust Pizza Carrot & Celery Sticks Fruit Cup / Whole Fruit Milk
14 Breakfast Sausage & Cheese Biscuit Sandwich Fruit Cup / Fruit Juice Milk Lunch Sloppy Joe w/ Bun Baked Beans Carrot Sticks Fruit Cup / Whole Fruit Milk	15 Breakfast Cereal Fruit Cup / Fruit Juice Milk Lunch Hamburger w/ Bun Tater Tots Celery Sticks Fruit Cup / Whole Fruit Milk	16 Breakfast Pancakes Whole Fruit / Fruit Juice Milk Lunch Popcorn Chicken Mashed Potatoes w/ Gravy & Broccoli Roll Fruit Cup / Whole Fruit Milk	17 Breakfast Sausage Breakfast Pizza Whole Fruit / Fruit Juice Milk Lunch BBQ Pulled Pork Sandwich w/ Bun Tomatoes Fries Fruit Cup / Whole Fruit Milk	18 Breakfast Doughnut Whole Fruit / Fruit Juice Milk Lunch Beef Nachos Corn Chips, Taco Meat, Shredded Cheese, Refried Beans, Lettuce & Tomato Broccoli Fruit Cup / Whole Fruit Milk

<p>21 Breakfast Sausage & Cheese Biscuit Sandwich Fruit Cup / Fruit Juice Milk Lunch Corn Dog Roasted Potatoes Carrots Fruit Cup / Whole Fruit Milk</p>	<p>22 Breakfast Cereal Fruit Cup / Fruit Juice Milk Lunch Ham & Cheese Sub w/ Lettuce & Tomato Broccoli Fruit Cup / Whole Fruit Milk</p>	<p>23 Breakfast Pancakes Whole Fruit / Fruit Juice Milk Lunch Chicken & Cheese Quesadilla Refried Beans Cucumbers Fruit Cup / Whole Fruit Milk</p>	<p>24 Breakfast Sausage Breakfast Pizza Whole Fruit / Fruit Juice Milk Lunch Chicken Parry Sandwich w/ Bun Tomatoes Bell Peppers Fruit Cup / Whole Fruit Milk</p>	<p>25 Breakfast Doughnut Whole Fruit / Fruit Juice Milk Lunch Cheese Pizza Corn Celery Fruit Cup / Whole Fruit Milk</p>
<p>28 Breakfast Sausage & Cheese Biscuit Sandwich Fruit Cup / Fruit Juice Milk Lunch Chicken Alfredo Broccoli Carrots Roll Fruit Cup / Whole Fruit Milk</p>	<p>29 Breakfast Cereal Fruit Cup / Fruit Juice Milk Lunch Chicken & Black Bean Wrap w/ Lettuce & Tomato Broccoli Fruit Cup / Whole Fruit Milk</p>	<p>30 Breakfast Pancakes Whole Fruit / Fruit Juice Milk Lunch General Taos Chicken Popcorn Chicken, Rice, & General Taos Sauce Carrots Celery Fruit Cup / Whole Fruit Milk</p>	<p>1 Breakfast Sausage Breakfast Pizza Whole Fruit / Fruit Juice Milk Lunch Philly Cheese Steak sub w/ Peppers & Onions Fries Fruit Cup / Whole Fruit Milk</p>	<p>2 Breakfast Doughnut Whole Fruit / Fruit Juice Milk Lunch Ham & Cheese Sub w/ Lettuce & Tomato Cucumbers Fruit Cup / Whole Fruit Milk</p>

Applications for Free or Reduced school meals can be found on the school food service web page.

What Makes A Meal?

Breakfast must contain one servings of fruit and/or juice and up to 2 servings of grain, or
One serving meat/meat alternative and/or a serving of a variety of fluid milk

Menu Subject to Change

Please discuss any food allergy issues concerning your child with James Rhinehart 937-675-7911 ext. 332
This institution is an equal opportunity provider

Meals for virtual students can be pick up behind the High School at the circle on the following dates and time. The entire school weeks' worth of meals will be passed out at one time. The meals include a breakfast & lunch per each school day.

Virtual Meal Pick up Dates & Times

Tuesday September 1st 10AM – 11AM

Tuesday September 8th 10AM – 11AM

Monday September 14th 10AM – 11AM

Monday September 21st 10AM – 11AM

Monday September 28th 10AM – 11AM

