

This month we will be serving
FRESH FRUIT AND VEGETABLES from Graves Farm and Garden
 Watch for the watermelon, tomato, honeydew, cantaloupe,
 and squash.

Fruits, Vegetables and menu could change due to product availability and freshness.



Dexter Middle and High School

Breakfast and Lunch Menu

September 2019

1% white milk and FF Chocolate Milk offered daily

We are an equal opportunity provider

Breakfast everyday includes:

Fruit, juice and 1% white milk and chocolate milk

Breakfast Burritos also offered daily as a choice



Monday	Tuesday	Wednesday	Thursday	Friday
2. No School	3. Biscuits and gravy or Burrito Hamburger, Monte Cristo Sandwich French fries, broccoli Cantaloupe, Watermelon	4. Muffins or burrito Frito Pie, Mozzarella sticks w/ French bread Beans, cucumber Watermelon, orange	5. Pancake on Stick or burrito BBq Riblets with roll, Chicken Patty with roll Mashed potatoes, Gravy, celery sticks Watermelon, cantaloupe	6. Cereal, grahams or burrito Enchiladas, Philly cheese Steak Sandwich Squash, broccoli Apple, orange
9. Churro, grahams or burrito Beefy Mac, Pizza Cucumber slices, French fries Watermelon, honey dew	10. Sausage Biscuit or burrito Lasagna with bread stick, Taco Salad Calabacita, green beans Cantaloupe, watermelon	11. Waffles or burrito Sliced roast with roll, Loaded Nachos Mixed veggies, broccoli Apple, orange	12. Cinnamon Roll, or burrito Chicken leg with roll, Combo Burrito Mashed potato, calabacitas Watermelon, orange	13. No School
16. Choco Cherry Bar, grahams or burrito Fajitas, Hamburger Beans, carrot sticks Watermelon, honeydew	17. Breakfast Pizza or burrito Asado with tortilla, Quesadilla Burger Marinara Dipping Sauce, French fries Apple, orange	18. Pancakes or burrito BBQ Sandwich with Pickle Spear, Crunchy tacos Baked Beans, Broccoli with Cheese Cantaloupe, watermelon	19. Mini Bites or burrito Chicken Smackers with roll, Meat Loaf with roll Mashed Potatoes, sliced cucumber Watermelon, orange	20. Cereal, grahams or burrito Loaded Nachos, Corn Dog Side salad, sliced bell pepper Apple, orange
23. Choco Cherry Bar & Grahams, or Burrito Spaghetti or Soft Chicken Taco Green beans, baby carrots, Watermelon, apple	24. Biscuits and gravy or Burrito Hamburger Monte Cristo Sandwich French fries, broccoli Cantaloupe, apple	25. Muffins or burrito Green Enchilada, Asado with tortilla Beans, cucumber Honeydew, Watermelon	26. Pancake on Stick or burrito BBq Riblets with roll, Chicken Patty with roll Mashed potatoes, celery sticks Gravy, apple, orange	27. Cereal, grahams or burrito Frito Pie, Philly cheese Steak Sandwich corn, broccoli Honeydew, Cantaloupe
30. Choco Cherry Bar, grahams or burrito Beefy Mac, Pizza Cucumber slices, French fries Apple, orange	1. Breakfast Pizza or burrito Lasagna roll ups with bread stick, Taco Salad Calabacita, green beans Watermelon, cantaloupe	2. Waffles or burrito Sliced roast with roll, loaded Nachos Mixed veggies, broccoli Watermelon, Apple	3. Grilled Cheese Sandwich or burrito Chicken leg with roll, Fajita Burrito Mashed potato, squash Apple, orange	4. Cereal, grahams, or burrito Orange Chicken with steamed rice or Red Enchiladas, beans, mixed veggies Watermelon, Mixed fruit

Have a safe Labor Day



Dexter Elementary School Breakfast and Lunch Menu

September 2019

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Fruit of the MONTH -- Watermelon

The watermelon can be classed as both a fruit and a vegetable.

It is a fruit because it grows from a seed, has a sweet refreshing flavor, and is loosely considered a type of melon (although it is actually a type of berry called a pepo).

It is a vegetable because it is a member of the same family as the cucumber, pumpkin and squash. It is also harvested and cleared from fields like other vine growing vegetables. Nutritionally, watermelons contain high levels of vitamin B6 (which increases brain power), vitamin A (good for eye sight), potassium (which helps in curing heart disease and keeping the heart healthy). The watermelon also contains Vitamin B1, C and manganese which protect against infections.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Happy Labor Day No school	3 Breakfast Burrito, applesauce, juice Hamburger, French fries, apple	4 Muffin, applesauce, juice Green Enchilada, beans, watermelon	5 Pancake on stick, applesauce, juice BBQ Riblets, mashed potatoes, gravy, roll, orange	6 Cereal, applesauce, juice Frito Pie, broccoli, watermelon
9 Churro, applesauce, juice Beefy Taco Mac, cucumber, watermelon	10 Sausage Biscuit, applesauce, juice Grilled Cheese Sandwich, corn, cantaloupe	11 Waffles, applesauce, juice Chicken Taco, beans, watermelon	12 Cinnamon roll, applesauce, juice Chicken leg, mashed potatoes, gravy, roll, apples	13 No School
16 Choco Cherry Bar, applesauce, juice Fajitas, tortilla, squash, watermelon	17 Breakfast Pizza, applesauce, juice Mozzarella Sticks, marinara dipping sauce, honey dew	18 Pancakes, applesauce, juice BBQ Sandwich, pickle spear, baked beans, watermelon	19 Mini bites, applesauce, juice Meat Loaf, mashed potatoes, gravy, roll, cantaloupe	20 Cereal, apple sauce, juice Macaroni and cheese, bell pepper, watermelon
23 Autumn Begins Breakfast Round, applesauce, juice Spaghetti, green beans, watermelon	24 Breakfast Pizza, applesauce, juice Hamburger, French fries, apple	25 Muffin, applesauce, juice Green Enchilada, beans, watermelon	26 Pancake on stick, applesauce, juice BBQ Riblets, mashed potatoes, gravy, roll, orange	27 Cereal, applesauce, juice Frito Pie, broccoli, watermelon
30 Fair Day - no school		Watermelons purchased from Graves Farm and Garden		<u>Fruits and vegetables and Menu could change due to Product availability and freshness</u>

