



Trevor Wilmot Consolidated Breakfast Menu



September
2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER HARVEST OF THE MONTH 	<p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p>		1 Chocolate Banana Bread String Cheese Juice or Fresh Fruit	2 Cheese Omelet Hashbrown Patty Juice or Fresh Fruit
5 LABOR DAY 	6 Assorted Cereal String Cheese Juice or Fresh Fruit	7 Pancakes Sausage Links Juice or Fresh Fruit	8 Cinnamon Roll Yogurt Juice or Fresh Fruit	9 TEDDY BEAR DAY French Toast Sticks Sausage Links Juice or Fresh Fruit
12 Assorted Muffin Halves String Cheese Juice or Fresh Fruit	13 FORTUNE COOKIE DAY Beglium Waffles Sausage Links Juice or Fresh Fruit	14 Mini Bagel Cream Cheese String Cheese Juice or Fresh Fruit	15 Sausage Biscuit Juice or Fresh Fruit	16 Cinnamon Breakfast Rounds String Cheese Juice or Fresh Fruit
19 Blueberry Muffin String Cheese Juice or Fresh Fruit	20 Pancake on a Stick Juice or Fresh Fruit	21 INTERNATIONAL PEACE DAY Chocolate Banana Bread String Cheese Juice or Fresh Fruit	22 French Toast Swirl Sausage Links Juice or Fresh Fruit	23 FALL BEGINS Assorted Cereal String Cheese Juice or Fresh Fruit
26 JOHNNY APPLESEED DAY Mini Bagel Cream Cheese String Cheese Juice or Fresh Fruit	27 Waffle Sticks Sausage Links Juice or Fresh Fruit	28 GOOD NEIGHBOR DAY Cinnamon Roll Yogurt Juice or Fresh Fruit	29 Cheese Omelet Hashbrown Patty Juice or Fresh Fruit	30 Assorted Muffin Halves String Cheese Juice or Fresh Fruit

FOOD 4 Thought

Breakfast in Egypt

In Egypt, breakfast is often bought and eaten at a street stall. Usually it is bread wrapped around assorted fried vegetables, such as eggplant, beans, tomatoes and peppers.



BREAKFAST PRICES

K-2nd	\$1.05
3rd-8th	\$1.05
Reduced	\$0.30
Adult	\$1.50

Menus are subject to change without notice.

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Milk Choice of 1%, Skim and 1% Chocolate is included with Breakfast

To check the balance in your account or for additional information, contact:
School Office
 262-862-2356



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SEPTEMBER HARVEST OF THE MONTH 	<p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p>	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>	1 Chicken Tenders Potato Smiles Apple Waldorf Ham & Swiss on a Bagel	2 Mini Corn Dog Mac & Cheese Green Beans Turkey Sub
5 LABOR DAY 	6 Chicken Patty on Whole Grain Bun Seasoned Ranch Wedges Melon Cucumber Salad Tuna Salad	7 Beefy Nachos Cheese Sauce Corn & Rice Bake Chicken Casesar	8 Chicken Alfredo Pizza Broccoli Salad Ham & Swiss on a Bagel	9 TEDDY BEAR DAY Breakfast Bake Teddy Grahams Turkey Sub
12 Ham & Pepperoni Melt Italian Zucchini Salad Buffalo Chicken Pasta Salad	13 FORTUNE COOKIE DAY General Tso Chicken Lo Mein Noodles Fortune Cookie Tuna Salad	14 Sloppy Joe Potato Salad Rice Krispy Treat Chicken Caesar	15 Oven Fried Chicken Baby Red Roasted Potatoes Green Beans Ham & Swiss on a Bagel	16 French Bread Pizza with Marinara Sauce Melon Cucumber Salad Turkey Sub
19 Chicken Nuggets CousCous & Gravy Glazed Carrots Whole Grain Bread Buffalo Chicken Pasta Salad	20 Lasagna Garden Salad Garlic Bread Tuna Salad	21 INTERNATIONAL PEACE DAY Chicken Fajita Spanish Rice Churro Chicken Caesar	22 Frank in a Blanket Baked Beans Kettle Chips Ham & Swiss on a Bagel	23 FALL BEGINS Pizza Parlor Italian Tossed Salad Turkey Sub
26 JOHNNY APPLESEED DAY Cheeseburger on Wheat Bun Lettuce & Tomatoes Oven Fries Buffalo Chicken Pasta Salad	27 Chicken Alfredo over Pasta Vegetable Medley Garlic Bread Stick Tuna Salad	28 GOOD NEIGHBOR DAY Western Quesadilla Omelet Roasted Breakfast Potato Ole Chicken Caesar	29 Salisbury Steak Mashed Potatoes & Gravy Vegetable Medley Slice of Wheat Bread Ham & Swiss on a Bagel	30 Potato Crusted Fish Filet Butter Noodles Peas & Carrots Wheat Dinner Roll Mock Apple Crisp Turkey Sub

- Prepared From Scratch
- Contains Pork
- Vegetarian Entrée
- Harvest of the Month

NEW

Welcome Back!

Look around and enjoy your new surroundings!



SANDWICHES

One day in the 1700s, the Earl of Sandwich was so busy, he did not want to go to eat. So, he ordered some food to be piled between two slices of bread, which he ate while he was working. The sandwich has been popular ever since.

LUNCH PRICES

K-2nd	\$2.20
3rd - 8th	\$2.40
Reduced	\$0.40
Additional Milk	\$0.30
Adult	\$2.85

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