

# Saraland High School September 2020



## Breakfast

- 31st Pancake, Sausage
- 1st Breakfast Pizza, Yogurt
- 2nd Hot Cereal, Bacon, Egg  
Cheese Toast
- 3rd Sausage Biscuit
- 4th Breakfast Pizza, Yogurt
- 8th Breaded Chicken Strips,  
Biscuit
- 9th Hot Cereal, Omelet,  
Cheese Toast
- 10th Sausage Biscuit
- 11th Breakfast Pizza  
Hot Cereal
- 14th Waffles, Sausage
- 15th Chicken Biscuit
- 16th Hot Cereal, Bacon, Egg,  
Cheese Toast
- 17th Sausage Biscuit
- 21st Pancake on a Stick
- 22nd Chicken Biscuit
- 23rd Hot Cereal, Omelet  
Cheese Toast
- 24th Sausage Biscuit
- 25th Breakfast Pizza, Yogurt
- 28th French Toast, Sausage
- 29th Chicken Biscuit
- 30th Hot Cereal, Bacon, Egg  
Cheese Toast
- 1st Sausage Biscuit
- 2nd Hot Cereal, Breakfast  
Pizza

Mon	Tue	Wed	Thu	Fri
31 Salisbury Steak w/ Gravy Potatoes, Fresh Veggies, Roll	1 Chicken Sandwich, Oven Potatoes, Broccoli, Fresh Veggies	2 BBQ Sandwich, Baked Beans, Fresh Veggies, Chips, Cookie	3 Nachos w/ Cheese, Corn, Black Beans Fresh Veggies	4 Corndog, Oven Potatoes, Broccoli, Fresh Veggies
7  Labor Day	8 Pizza, Broccoli, Fresh Veggies, Cookie	9 Chicken Bites, Green Beans, Fresh Veggies, Pudding, Roll	10 Beef Tips, Potatoes w/ Gravy, Fresh Veggies	11 Chicken Quesadilla w/ Cheese, Corn, Black Beans, Fresh Veggies
14 Hot Pocket, Corn, Chips, Fresh Veggies	15 Hot Dog w/ Chili, Oven Potatoes, Baked Beans, Coleslaw, Fresh Veggies	16 Chili Crispito w/ Cheese, Corn, Black Beans, Fresh Veggies	17 Spaghetti, Green Beans, Fresh Veggies, Roll	18  Learn-at-Home Day
21 Salisbury Steak w/ Gravy, Potatoes, Fresh Veggies, Roll, Pudding,	22 Chicken Sandwich, Chips, Broccoli, Fresh Veggies	23 Hamburger, Oven Potatoes, Baked Beans, Fresh Veggies	24 Chicken, Green Beans w/ Potatoes, Fresh Veggies, Roll	25 Gumbo w/ Rice Or Corndog, Corn, Fresh Veggies, Cinnamon Roll
28 Pizza, Broccoli, Fresh Veggies, Cookie	29 Chicken Bites, Green Beans, Fresh Veggies, Roll	30 BBQ Rib Sandwich, Baked Beans, Oven Potatoes, Fresh Veggies	1 Chicken Alfredo, Broccoli, Fresh Veggies	2 Nachos w/ Cheese, Corn, Black Beans, Fresh Veggies

Offered Daily with Meals:  
Cereal & Toast with Breakfast  
Lunch & Breakfast: Unflavored  
1% Low Fat, Unflavored Skim,  
Fat Free Flavored Milk.  
Fruit & Juice served daily.  
Alternate Lunch Meal:  
Chef Salad  
Menu subject to change due to deliveries.

This institution is an equal opportunity provider