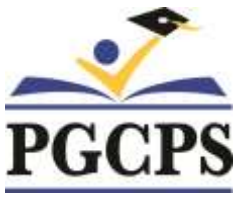


Prince George's County Public Schools
 High School (9-12) Breakfast & Lunch Menu
 September 2020 (includes August 31st)

+This Item is Meatless
 *This Item Contains Pork
¹ Contains Beef

MONDAY (PICK-UP)	TUESDAY	WEDNESDAY (PICK-UP)	THURSDAY	FRIDAY
8/31 <u>Breakfast:</u> - Assorted Cereal Bowl w/Graham Crackers+ - Cinnamon Applesauce Cup - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Turkey & Cheese Sandwich - Celery Sticks - Baby Carrots - Flavored Applesauce Cup - Craisins - Assorted Milk	9/1 <u>Breakfast:</u> - Cinnamon Glazed Toast+ - Fresh Nectarines - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Chicken Tenders & Waffles - Crinkle Cut Fries - Peach Applesauce Cup - Craisins - Assorted Milk	9/2 <u>Breakfast:</u> - Pork Sausage, Cheese & Egg Breakfast Bagel* - Hash Brown Rounds - Assorted Milk <u>Lunch:</u> - Turkey Ham & Cheese Sandwich - Fresh Broccoli Florets - Celery Sticks - Fresh Apple Slices - Craisins - Assorted Milk	9/3 <u>Breakfast:</u> - Pumpkin Bread Slice+ - Fresh Orange - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Stuffed Crust Pizza+ - Sweet Potato Fries - Fresh Apples - Craisins - Assorted Milk	9/4 <u>Breakfast:</u> - Mini Blueberry Pancakes+ - Fresh Apple Slices - Craisins - Assorted Milk <u>Lunch:</u> - Taco Dip Cup ¹ - Reduced Fat Tostitos - Red Gold Salsa - Black Bean & Corn Mix - Assorted Fresh Fruit - Frozen Fruit Cup - Assorted Milk
9/7 <p style="text-align: center;">Labor Day</p> <p style="text-align: center;">Schools & Offices Closed</p>	9/8 (Pick-Up Day) <u>Breakfast:</u> - Assorted Muffin, Large+ - Cinnamon Applesauce Cup - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Turkey Ham & Cheese Sandwich - Taco Hummus Cup - Baby Carrots - Celery Sticks - Fresh Nectarines - Craisins - Assorted Milk	9/9 <u>Breakfast:</u> - Southwest Egg & Cheese Sliders+ - Fresh Apple Slices - Craisins - Assorted Milk <u>Lunch:</u> - Peanut Butter & Jelly Sandwich+ w/Cheese Stick - Taco Hummus Cup - Fresh Broccoli Florets - Baby Carrots - Fresh Apple Slices - Craisins - Assorted Milk	9/10 <u>Breakfast:</u> - Assorted Yogurt w/Cinnamon Granola+ - Assorted Fresh Fruit - Strawberry-Banana Applesauce Cup - Assorted Milk <u>Lunch:</u> - Chicken Wings & Waffles - Seasoned Potato Wedges - Natural Applesauce Cup - Frozen Fruit Cup - Assorted Milk	9/11 <u>Breakfast:</u> - Pork Sausage Biscuit* - Fresh Orange - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Pepperoni Pizza Slice ¹ - Baby Carrots - Celery Sticks - Fresh Peach - Craisins - Assorted Milk
9/14 <u>Breakfast:</u> - Assorted Cereal Bowl w/Graham Crackers+ - Assorted Fresh Fruit - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Turkey & Cheese Sandwich - Celery Sticks - Baby Carrots - Assorted Fresh Fruit - Craisins - Assorted Milk	9/15 <u>Breakfast:</u> - Ham, Egg, and Cheese Tac-Go* - Hash Brown Rounds - Red Gold Salsa Cup - Assorted Milk <u>Lunch:</u> - Cheese Pizza Slice+ - Fresh Broccoli Florets - Fresh Cauliflower Florets - Fresh Apple Slices - Craisins - Assorted Milk	9/16 <u>Breakfast:</u> - Pork Sausage Pancake Wrap on a Stick* - Assorted Fresh Fruit - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Turkey Italian Cold Cut - Fresh Broccoli Florets - Baby Carrots - Assorted Fresh Fruit - Craisins - Assorted Milk	9/17 <u>Breakfast:</u> - Assorted Pillsbury Waffle+ - Assorted Fresh Fruit - Applesauce Cup - Assorted Milk <u>Lunch:</u> - Chicken Wings w/Savory Crackers - Seasoned Potato Wedges - Fresh Apple Slices - Craisins - Assorted Milk	9/18 <u>Breakfast:</u> - Turkey Sausage Breakfast Pizza - Fresh Apple Slices, 1 Pkg. - Craisins - Assorted Milk <u>Lunch:</u> - Taco Dip Cup ¹ - Reduced Fat Tostitos - Red Gold Salsa - Black Bean & Corn Mix - Assorted Fresh Fruit - Frozen Fruit Cup - Assorted Milk
9/21 <u>Breakfast:</u> - Assorted Cereal Bowl w/Graham Crackers+ - Assorted Fresh Fruit - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Peanut Butter & Jelly Sandwich+ w/Cheese Stick - Celery Sticks - Baby Carrots - Assorted Fresh Fruit - Craisins - Assorted Milk	9/22 <u>Breakfast:</u> - Cinnamon Pillsbury Stuffed Bagels+ - Assorted Fresh Fruit - Craisins - Assorted Milk <u>Lunch:</u> - Cheese Pizza Slice+ - Fresh Broccoli Florets - Fresh Cauliflower Florets - Fresh Apple Slices - Craisins - Assorted Milk	9/23 <u>Breakfast:</u> - Pork Sausage & Cheese Sunrise Sandwich* - Assorted Fresh Fruit - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Tuna Salad w/Savory Crackers - Fresh Broccoli Florets - Baby Carrots - Assorted Fresh Fruit - Craisins - Assorted Milk	9/24 <u>Breakfast:</u> - Mini Blueberry Pancakes+ - Assorted Fresh Fruit - Applesauce Cup - Assorted Milk <u>Lunch:</u> - Chris P Chicken Sandwich - Seasoned Potato Wedges - Fresh Apple Slices - Craisins - Assorted Milk	9/25 <u>Breakfast:</u> - Turkey Sausage Breakfast Pizza - Fresh Apple Slices - Craisins - Assorted Milk <u>Lunch:</u> - Taco Dip Cup ¹ - Reduced Fat Tostitos - Red Gold Salsa - Black Bean & Corn Mix - Tree Top Apple Crisps - Frozen Fruit Cup - Assorted Milk



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MONDAY (PICK-UP)	TUESDAY	WEDNESDAY (PICK-UP)	THURSDAY	FRIDAY
9/28 Yom Kippur Schools and Offices Closed	9/29 (Pick-Up Day) <u>Breakfast:</u> - Assorted Cereal Bowl w/Graham Crackers+ - Assorted Fresh Fruit - Assorted 100% Fruit Juice - Assorted Milk <u>Lunch:</u> - Turkey Ham & Cheese Sandwich - Celery Sticks - Baby Carrots - Assorted Fresh Fruit - Craisins - Assorted Milk	9/30 <u>Breakfast:</u> - Southwest Egg & Cheese Sliders+ - Hash Brown Rounds - Red Gold Salsa Cup - Assorted Milk <u>Lunch:</u> - Peanut Butter & Jelly Sandwich+ w/Cheese Stick - Fresh Broccoli Florets - Fresh Cauliflower Florets - Applesauce Cup - Craisins - Assorted Milk		