

Meadow Heights Menus September 2022

Breakfast

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Breakfast Pizza	Biscuit & Gravy	Long John	Breakfast Bowl/Toast	Yogurt/Poptarts

A variety of milk offered daily.

Lunch

Additional Elementary, Middle, and High School Choices

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays'
Chicken Patty	Hot Ham & Cheese	Turkey, Cheese & Bacon	Sloppy Joe	Cheeseburger



1	2
Turkey, Cheese, Bacon Lettuce/Tomato Slices Pickle Spear Apple	Chicken Patty Waffle Fries Pickles Strawberries

5	6	7	8	9
NO SCHOOL	Soft Shell Tacos Lettuce/Salsa/Beans Cinnamon Applesauce Cinnamon Sticks	Rotini Garlic Cheese Biscuit Pears	Preschool Choice Macaroni & Cheese Corn Apple Slices Carmel Dip	Grilled Cheese Tomato Juice Honeydew

12	13	14	15	16
Spaghetti Breadstick Grape Juice	Popcorn Chicken Potato Wedges Beans Apple Crisp	Country Fried Steak Mashed Potatoes Gravy/Biscuit Mixed Fruit	Chicken Quesadilla Lettuce/Salsa Refried Beans Mandarin Orange Cup	Sausage Pancake Wraps/Syrup Hash Brown Peaches

19	20	21	22	23
Breaded Mozzarella Cheese Sticks/Sauce Veggies/Ranch Banana	Cheeseburger or Hamburger French Fries Fried Apples	Chicken & Noodles Green Beans Hot Roll Mixed Fruit	KindergartenChoice Chicken Nuggets Tater Tots Breadstick 100% Fruit Slushie	Taco Soup w/Grilled Cheese Applesauce Oatmeal Cookie

26	27	28	29	30
Mini Corndogs Baked Beans Oranges	Mostaccoli Berry Spinach Salad Breadstick Pears	Beef Stew Hot Roll Blueberries	Chicken, Cheese, & Rice/Apple Juice Mixed Vegetables Carmel Apple Cake	Cheese Pizza Baby Carrots Ranch Dressing Peaches

A variety of Milk, Fruits & Vegetables offered daily.

Menu subject to change according to availability.

The USDA is an equal opportunity employer.

