

# SEPTEMBER 2022

## MOSS PUBLIC SCHOOL

### BREAKFAST



This institution is an equal opportunity provider



September is **National Biscuit Month**. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

#### MONDAY

**Labor Day**  
No School

5

Sausage biscuit  
Cereal  
Juice  
Fruit  
Milk

12

Chocolate donut  
Cereal  
Juice  
Fruit  
Milk

19

French toast sticks  
Cereal  
Juice  
Fruit  
Milk

26

#### TUESDAY



Blueberry Muffin  
Cereal  
Juice  
Fruit  
Milk

6

Oatmeal / toast  
Cereal  
Juice  
Milk

13

Bacon, egg & cheese biscuit  
Fruit & juice  
Cereal  
Milk

20

Scrambled eggs / toast  
Hash brown  
Cereal  
Juice & fruit  
Milk

27

#### WEDNESDAY



Scrambled Egg / toast  
Hash brown  
Cereal  
Fruit / juice  
Milk

7

Pancakes  
Sausage link /fruit  
Cereal  
Juice  
Milk

14

Tomatoes  
Cereal  
Juice  
Fruit  
milk

21

Blueberry Muffin  
Cereal  
Juice  
Fruit  
Milk

28

#### THURSDAY

Biscuit & gravy  
Cereal  
Juice  
Fruit  
Milk

1

Fruit parfait  
Cereal  
Juice  
Milk

8

Biscuit & gravy  
Cereal  
Juice  
Fruit  
Milk

15

Waffle /sausage link  
Cereal  
Juice  
Fruit  
Milk

22

Biscuit &gravy  
Cereal  
Juice  
Fruit  
Milk

29

#### FRIDAY

Cinnamon roll  
Cereal  
Fruit  
Juice  
Milk

2

No School

9

Cinnamon Roll  
Cereal  
Juice  
Fruit  
Milk

16

Cinnamon roll  
Cereal  
Juice  
Fruit  
Milk

23

Cinnamon roll  
Cereal  
Fruit  
Juice  
Milk

30

# SEPTEMBER 2022

## Moss Public School

# LUNCH



This institution is an equal opportunity employer. High School meal includes Salad bar



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

**Labor Day**  
No School

Walking taco  
Veggie cup & salsa  
Fruit  
Milk

Buffalo chic. nachoes  
Salsa  
Beans  
Fruit  
Milk

Grilled ham & cheese / fries  
Baked beans  
Fruit & milk

### TUESDAY

Chicken fried steak  
Potatoes & gravy  
Green beans & W.W roll  
Fruit & milk



Chicken strips  
Mashed potatoes&gravy  
Green beans & Roll  
Fruit  
Milk

Hot dog/chili  
French fries  
Celery  
Fruit & milk

Frito chili pie  
Roasted veggies  
Fruit  
Milk

### WEDNESDAY

Hamburger on bun with the works  
French fries & fruit  
Milk

Lasagna rollup  
Salad w/cherry tomatoes  
WW garlic bread stick  
Fruit  
Milk

Pizza  
Salad w/ cherry tomato  
Fruit  
Milk

**World School Milk Day**  
Taco soup  
Cheese pockets / salad  
Fruit / milk

### THURSDAY

Rib- b- que sandwich  
Sweet potato fries  
Roasted veggies  
Cookies ,fruit & milk

Ravioli  
Salad w/ tomatoes  
String cheese / w.w.roll  
Fruit and milk

Corndog  
French fries  
Baked beans  
Fruit  
Milk

Crispitos  
Tortilla chips/salsa  
Roasted veggies  
Yogurt , fruit & milk

Burrito  
Chips & salsa  
Salad  
Fruit  
Milk

### FRIDAY

Fish  
Tater-tots  
Beans  
Honey bun ,fruit & milk

No School

Chic. noodle soup  
Cheese pockets  
Salad & carrots  
Fruit & milk

Orange chic.  
Egg roll & noodles  
Steamed broccoli  
Fortune cookie/ fruit  
Milk

Chicken strips  
Potatoes & Gravy  
Corn  
W.W. roll  
Fruit & milk