

SEPTEMBER | 2021

HOPKINS & SYCAMORE MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>31</p>	<p>1 A: MAC & CHEESE WITH GARLIC TOAST B: HAM & CHEESE SUB</p> <p>BROCCOLI FRUIT & VEGGIE BAR MILK</p>	<p>2 A: CHEESY SCRAMBLED EGGS WITH PANCAKE BITES B: WARM PRETZEL & CHEESE</p> <p>CELERY STICKS FRUIT & VEGGIE BAR MILK</p>	<p>3</p> <p>NO SCHOOL!</p>
<p>6</p> <p>LABOR DAY NO SCHOOL!</p>	<p>7 A: CHICKEN NUGGETS / ROLL B: NACHOS / CHEESE & SALSA</p> <p>SEASONED CORN FRUIT & VEGGIE BAR MILK</p>	<p>8 A: RAVIOLI & GARLIC TWIST B: HAM & CHEESE SUB</p> <p>BROCCOLI FRUIT & VEGGIE BAR MILK</p>	<p>9 A: WALKING TACO B: WARM PRETZEL & CHEESE</p> <p>REFRIED BEANS FRUIT & VEGGIE BAR MILK</p>	<p>10 A: FRENCH BREAD PIZZA B: FRUIT & YOGURT PARFAIT</p> <p>GLAZED CARROTS FRUIT & VEGGIE BAR MILK</p>
<p>13 A: CHICKEN PATTY ON A BUN B: PBJ & STRING CHEESE</p> <p>POTATO WEDGES FRUIT & VEGGIE BAR MILK</p>	<p>14 A: CHICKEN & WAFFLES B: NACHOS / CHEESE & SALSA</p> <p>SEASONED CORN FRUIT & VEGGIE BAR MILK</p>	<p>15 A: PENNE ALFREDO WITH GARLIC TOAST B: HAM & CHEESE SUB</p> <p>BROCCOLI FRUIT & VEGGIE BAR MILK</p>	<p>16 A: TURKEY GRAVY B: WARM PRETZEL & CHEESE</p> <p>CELERY STICKS FRUIT & VEGGIE BAR MILK</p>	<p>17 A: PERSONAL PIZZAS B: FRUIT & YOGURT PARFAIT</p> <p>GLAZED CARROTS FRUIT & VEGGIE BAR MILK</p>
<p>20 A: BBQ RIBLET HOAGIE B: PBJ & STRING CHEESE</p> <p>CURLY FRIES FRUIT & VEGGIE BAR MILK</p>	<p>21 A: CHICKEN TENDERS / ROLL B: NACHOS / CHEESE & SALSA</p> <p>SEASONED CORN FRUIT & VEGGIE BAR MILK</p>	<p>22</p> <p>½ DAY NO LUNCH SERVED</p>	<p>23 A: GRILLED CHEESE & SOUP B: WARM PRETZEL & CHEESE</p> <p>BAKED BEANS FRUIT & VEGGIE BAR MILK</p>	<p>24 A: BOSCOS WITH MARINARA B: FRUIT & YOGURT PARFAIT</p> <p>GLAZED CARROTS FRUIT & VEGGIE BAR MILK</p>
<p>27 A: CHEESEBURGER B: PBJ & STRING CHEESE</p> <p>FRENCH FRIES FRUIT & VEGGIE BAR MILK</p>	<p>28 A: POPCORN CHICKEN B: NACHOS / CHEESE & SALSA</p> <p>MASHED POTAOES & GRAVY FRUIT & VEGGIE BAR MILK</p>	<p>29 A: MAC & CHEESE WITH GARLIC TOAST B: HAM & CHEESE SUB</p> <p>BROCCOLI FRUIT & VEGGIE BAR MILK</p>	<p>30 A: CHEESY SCRAMBLED EGGS WITH PANCAKE BITES B: WARM PRETZEL & CHEESE</p> <p>CELERY STICKS FRUIT & VEGGIE BAR MILK</p>	<p>1</p>

BREAKFAST

MONDAY:
Cheese omelet and sausage patty

TUESDAY:
Stuffed bagel and yogurt

WEDNESDAY:
Egg and cheese breakfast sandwich

THURSDAY:
Muffin or banana bread and yogurt

FRIDAY:
Pancakes with syrup

**Second daily option is cereal or Pop-tarts*

ALL BREAKFAST INCLUDES FRUIT, JUICE, AND MILK

BREAKFAST SERVED DAILY IN THE CAFETERIA 7:20AM