



*EQUAL OPPORTUNITY EMPLOYER

SEPTEMBER 2022

SYCAMORE ELEMENTARY

FULL PAY MEALS = \$2.40
REDUCED PAY MEALS = \$.40

DEPOSIT ON LINE AT:
hopkins.familyportal.cloud

Monday

Tuesday

Wednesday

Thursday

Friday



A: CHICKEN DRUMSTICK
B: PBJ WITH CHEESE STICK

1

FRENCH FRIES
FRUIT & VEGGIE BAR
MILK

2

**NO
SCHOOL!**



**LABOR
DAY!**

5

A: CHICKEN TACOS
B: FRUIT & YOGURT PARFAIT

REFRIED BEANS
FRUIT & VEGGIE BAR
MILK

6

A: MOZZARELLA CRISPERS
B: SUBMARINE SANDWICH

BABY CARROTS
FRUIT & VEGGIE BAR
MILK

7

A: TURKEY GRAVY & MASHED
POTATOES

B: PBJ WITH CHEESE STICK
CELERY STICKS
FRUIT & VEGGIE BAR
MILK

8

A: CHICKEN PATTY ON A BUN
B: NACHOS /CHEESE & SALSA

SWEET POTATO FRIES
FRUIT & VEGGIE BAR
MILK

9

A: MACARONI & CHEESE
B: WARM PRETZEL & CHEESE

BROCCOLI
FRUIT & VEGGIE BAR
MILK

12

A: WALKING TACO
B: FRUIT & YOGURT PARFAIT

REFRIED BEANS
FRUIT & VEGGIE BAR
MILK

13

A: BOSCO STICKS
B: SUBMARINE SANDWICH

BABY CARROTS
FRUIT & VEGGIE BAR
MILK

14

A: CHICKEN NUGGETS
B: PBJ WITH CHEESE STICK

SEASONED CORN
FRUIT & VEGGIE BAR
MILK

15

A: BBQ RIBLET SANDWICH
B: NACHOS /CHEESE & SALSA

GREEN BEANS
FRUIT & VEGGIE BAR
MILK

16

A: SALISBURY STEAK & MASHED
POTATOES

B: WARM PRETZEL & CHEESE
CELERY STICKS
FRUIT & VEGGIE BAR
MILK

19

A: SCRAMBLED EGGS, SAUSAGE
& PANCAKE BITES

B: FRUIT & YOGURT PARFAIT
TOSSED SALAD
FRUIT & VEGGIE BAR
MILK

20

**1/2 DAY
NO LUNCH
SERVED**

21

A: SWEET & SOUR CHICKEN
B: PBJ WITH CHEESE STICK

CUCUMBER COINS
FRUIT & VEGGIE BAR
MILK

22

A: GRILLED CHEESE &
TOMATO SOUP

B: NACHOS /CHEESE & SALSA
BAKED BEANS
FRUIT & VEGGIE BAR
MILK

23

A: PENNE ALFREDO
B: WARM PRETZEL & CHEESE

BROCCOLI
FRUIT & VEGGIE BAR
MILK

26

A: CHEESE QUESADILLAS
B: FRUIT & YOGURT PARFAIT

REFRIED BEANS
FRUIT & VEGGIE BAR
MILK

27

A: MOZZARELLA CRISPERS
B: SUBMARINE SANDWICH

BABY CARROTS
FRUIT & VEGGIE BAR
MILK

28

A: MINI CORN DOGS
B: PBJ WITH CHEESE STICK

SEASONED CORN
FRUIT & VEGGIE BAR
MILK

29

A: HOT DOG
B: NACHOS/ CHEESE & SALSA

FRENCH FRIES
FRUIT & VEGGIE BAR
MILK

30

BREAKFAST IS SERVED DAILY AT 7:30 IN THE CAFETERIA!

BREAKFAST FULL PAY = \$1.50, REDUCED PAY = \$.30

A HOT ITEM AND A VARIETY OF COLD ITEMS WILL BE OFFERED DAILY

ALL BREAKFAST INCLUDES, FRUIT, JUICE AND MILK