

# North Mac Unit Dist. #34

# Sept. 2016 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Breakfast on a Stick Cereal/Toast Fruit or Juice Milk	Mini Pancakes Cereal/Toast Fruit or Juice Milk
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
No School	Oatmeal Cereal/Toast Fruit or Juice Milk	Bagel/Cream Cheese Cereal/Toast Fruit or Juice Milk	Muffins Cereal/Toast Fruit or Juice Milk	Yogurt Cereal/Toast Fruit or Juice Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Biscuits and Gravy Cereal/Toast Fruit or Juice Milk	Sausage Cereal/Toast Fruit or Juice Milk	Cinnamon Roll Cereal/Toast Fruit or Juice Milk	Nutrigrain Bar Cereal/Toast Fruit or Juice Milk	Scrambled Eggs Cereal/Toast Fruit or Juice Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Breakfast Pizza Cereal/Toast Fruit or Juice Milk	Oatmeal Cereal/Toast Fruit or Juice Milk	Muffins Cereal/Toast Fruit or Juice Milk	Poptarts Cereal/Toast Fruit or Juice Milk	Donuts Cereal/Toast Fruit or Juice Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Yogurt Cereal/Toast Fruit or Juice Milk	French Toast Cereal/Toast Fruit or Juice Milk	Sausage Cereal/Toast Fruit or Juice Milk	Poptarts Cereal/Toast Fruit or Juice Milk	Yogurt Cereal/Toast Fruit or Juice Milk
	K-8 Juice offered on Tues. & Thurs. 9-12 Juice offered every day.			

Notes: Milk Choices include Fat Free Chocolate and 1% White Milk Every day.

Menu Subject to Change without Notice.

# North Mac Unit Dist. #34

# Sept., 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Taco Meat/Cheese/ Lettuce Refried Beans Fruit Milk	2 Baked Chicken Mac & Cheese Broccoli Fruit/Ice Cream Milk
5 No School	6 Salisbury Steak/Gravy Green Beans Fruit Pudding Milk	7 Mostaccioli Salad Carrots Fruit Milk	8 Fiestada Salsa Baked Beans Fruit Milk	9 Chicken Nuggets Mashed Potatoes Fruit Milk
12 Cheeseburger on Bun Chips Peas Pears in Jello Milk	13 Fish on Bun Broccoli Fruit Pudding Milk	14 Beef & Noodles Romaine Salad Fruit Milk	15 Nachos w/meat & Salsa Refried Beans Carrots Fruit Milk	16 Pizza Green Beans Fruit Cookie Milk
19 Sloppy Joe on Bun Cottage Cheese Pork & Beans Fruit Milk	20 Italian Dunkers Marinara Salad Fruit Milk	21 Chicken & Noodles Carrots Fruit Milk	22 Ravioli Green Beans Fruit Roll Milk	23 Pizza Corn Apples with Dip Milk
26 Hot Dog on Bun Coleslaw Fruit Milk	27 Chili Carrots/Celery/ Cheese Salad Fruit Milk	28 Pizza Green Beans Fruit Milk	29 Taco Meat/Cheese/ Lettuce Refried Beans Fruit Milk	30 Baked Chicken Mac & Cheese Broccoli Fruit/Ice Cream Milk
Monday Alternate: Ham & Cheese	Tuesday Alternate: PB & J	Wednesday Alternate: Turkey	Thursday Alternate: PB&J	Friday Alternate: Ham & Cheese

**Notes: NMHS and NMMS will serve Salad Bar Everyday**

Milk Choices include Fat Free Chocolate and 1% White Milk Everyday.

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