BREAKFAST/LUNCH BARNWELL WARHORSE CAFÉ MENU SEPTEMBER 2018

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | \*\*MENU SUBJECT TO CHANGE\*\*\*\*\*\*\*Chef Salad (High and Middle) Choice SERVED AS A SECOND ENTRE’ CHOICE TUES, WED, THURS\*\*\*\*\***\*\*Use Slushy Daily for extra fruit (Middle and High) \*\*** \*\*\*\*P&J Sandwich (ELEM SCHOOL) Choice SERVED AS A SECOND ENTRE’ CHOICE TUES, WED, THURS\*\*\*\*\*\*\*\*MILK CHOICE SERVED DAILY WITH BREAKFAST AND LUNCH\*\*\*\* |  |
| 3See the source image | 4Salisbury SteakBaked Potato/Sour CreamCarrotsBlack Beans RollPearsApple **BRK:**Blueberry PancakeFruit (Halo Orange) | 5Smoked Sausage CabbageRice and TomatoGreen BeansWheat RollBananaFresh Grapes**BRK**:Sausage BiscuitJuice/Raisins | 6Spaghetti Whole Wheat Cracker (2 packs.)Yellow SquashRomaine Salad MixStrawberriesFruit Punch Juice**BRK**:Banana BreadFruit (Plum) | 7Chick Fil A or Fish Filet on Wheat BunLettuce, Tomato, PicklesCalifornia BlendPotato TotsApple JuicePeaches **BRK:**Sausage, Egg & Cheese BurritoFruit (Banana) |
| 10Beef-A-Roni orTuna Salad SandwichTossed SaladGreen BeansPineapple tidbitsGrape Juice**BRK:**Strawberry Pop TartFruit (Apple) | 11Chicken FajitaRed Peppers Green Peppers, Onions, SalsaFrench FriesRefried BeansOranges Fruit Salad **BRK:**Yogurt & Graham CrackersJuice/Raisins | 12Meatball SubVegetable BlendSweet Potato PattyApple CobblerGrapes**BRK:**Cinnamon French ToastFruit (Banana) | 13BBQ PorkBrown RiceStewed TomatoesBroccoli & CheeseCorn BreadPeachesBanana**BRK:**Blueberry WaffleJuice/Raisins | 14Pizza ChoiceCornPotato WedgesApplesauceCranberry Juice**BRK**:Pancake PupFruit (Pineapple Chuck) |
| 17Hamburger or Cheeseburger on a Wheat BunLettuce, Tomato, PickleSliced CarrotsFriesGrape Juice**BRK:**Banana MuffinFruit (Plum) | 18Chicken Fajita / Turkey WrapLettuce, Tomato, PickleSweet Potato FriesCorn on the CobSpiced ApplesFruit Cocktail**BRK:**Maple WaffleJuice/Raisins | 19Country Fried SteakMacaroni & CheeseGreen BeansCarrotsRaisinsPineapple**BRK:**Cherry StrudelFruit (Banana**)** | 20Baked Chicken Brown Rice & GravyBlack Eyed PeasCollard Greens Biscuit Fruit Punch JuiceApple**BRK:**Zucchini BreadFruit cup | 21Fish Nuggets or Popcorn ChickenGarlic Mashed PotatoesRollVeggie CupDiced PearsBanana**BRK:**Sausage BiscuitJuice/Raisins |
| 24Taco Salad w/Chips orGrilled Chicken SandwichLettuce, Tomato, CheeseRefried BeansCinnamon RollPeach CupApple Juice**BRK**: Blueberry Pop TartFruit (Pineapple Chuck) | 25Chicken AlfredoEgg Noodles White Roasted PotatoesSweet PeasRollFruit CocktailOrange Slices**BRK:**Mini CinniJuice/Raisins | 26MeatloafWheat RollBaby CarrotsMashed PotatoesRed GrapesPeaches CobblerSlice Red Apple **BRK:**Triple Berry French ToastFruit cup | 27Chicken TendersMustard GreensBrown Rice & GravySuccotashStrawberriesGrape Juice**BRK:**Apple StrudelFruit (Banana) | 28Rib A Que / BBQ Chicken on a BunFrench FriesItalian Green BeansApplesauceBanana**BRK:** Pizza BagelJuice/Raisins |

Barnwell School District 45 is an equal opportunity provider and employer.