




Lion's Den Café - September 2019 - Breakfast Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1  LABOR DAY NO SCHOOL	2	3 cinnamon Texas toast & sausage or cereal apple slices juice	4 Sweet bread & gogurt cereal mandarin orange cup juice	5 cinnamon roll & crackers or cereal tropical fruit cup juice	6 French toast & sausage or cereal pear cup juice	7
8 muffin & string cheese or cereal apple slices juice	9	10 cinni minis & sausage or cereal banana juice	11 Poptart & gogurt or cereal mandarin orange cup juice	12 cinnamon roll & crackers or cereal fresh pear juice	13 waffles and sausage or cereal peach cup juice	14
15 mini donuts & gogurt or cereal apple slices juice	16	17 maple sausage & egg tornado or cereal banana juice	18 frosted scones & gogurt or cereal mandarin orange cup juice	19 cinnamon roll & crackers or cereal peach cup juice	20 mini pancakes & sausage or cereal craisins juice	21 
22 muffin & string cheese or cereal apple slices juice	23	24 cinnamon Texas toast & sausage or cereal pear cup juice	25 Sweet bread & gogurt cereal Craisins juice	26 cinnamon roll & crackers or cereal tropical fruit cup juice	27 French toast & sausage patty or cereal mandarin orange cup juice	28
29 mini donuts & gogurt or cereal apple slices juice	30 			Beverages offered daily: Fat Free Chocolate milk 1% milk bottled water	**Please note: this menu is subject to change without notice** <i>This institution is an equal opportunity provider</i>	

Lion's Den Café - September 2019 - Lunch Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1  4	2 LABOR DAY NO SCHOOL	3	4	5	6	7
		Chicken Dippers or Beef Enchiladas fresh fruit salad steamed Normandy veg cauliflower w/ranch	Macaroni & Cheese Beef & Cheese Nachos fresh apple halves celery sticks & tomatoes w/ranch refried beans & cheese	Mexican Pizza or Meatball Sub mandarin oranges cucumber slices w/ranch steamed corn	Pepperoni Pizza Ripper or Cheese Pizza Ripper strawberries baby carrots w/ranch steamed broccoli	
8 5	9	10	11	12	13	14
	Penne Lasagna w/roll or Taco Salad w/Fritos pears steamed green beans side salad w/tomatoes & ranch	Asian Chicken Pig in a Blanket mandarin oranges fresh apple halves sugar peas w/grape tomatoes & ranch	Cheese Melt or Chicken Noodle Soup w/crackers grapes celery sticks w/ranch steamed broccoli	Chili & Cheese w/Fritos Pulled Pork Sandwich diced mango cucumber slices w/ranch steamed corn	Chicken Sandwich or Hamburger frozen fruit cup baby carrots w/ranch baked beans	
15 6	16	17	18	19	20 	21
	Creamy Italian Chicken or Chicken Caesar Salad w/roll tropical fruit cocktail steamed carrots side salad w/tomatoes & ranch	Turkey Mashed Potato Bowl w/roll or Chili Cheese Fries pineapple fresh orange wedges sugar peas w/ranch	Rib B Que Bean & Cheese Burrito peaches fresh apple halves celery sticks & grape tomatoes w/ranch	Chicken Fried Steak dinner roll grapes mashed potatoes & gravy cucumber slices w/ranch	Hot Dog or Mozzarella Bites cantalope side salad w/carrots & ranch baked beans	
22 1	23	24	25	26	27	28
	Chicken Pot Pie or Chef Salad w/roll peaches side salad w/tomatoes & ranch celery stick w/ranch	Ranch Melt or Beef Stroganoff tropical fruit cocktail sugar peas w/ranch steamed carrots	French Toast Sticks or Maple Pancake Sausage Wrap frozen fruit cup tater tots cucumber slices w/ranch	Beef Dippers w/roll or Chicken Sandwich applesauce cup baby carrots w/ranch baked beans	Pepperoni Pizza Ripper or Cheese Pizza Ripper fresh orange wedges steamed broccoli cookie	
29 2	30					
	Spiral spaghetti w/roll or Chicken Caesar Salad w/roll pears steamed carrots side salad w/tomatoes & ranch		Beverages offered daily: Fat Free Chocolate milk 1% milk bottled water	**Please note: this menu is subject to change without notice** <i>This institution is an equal opportunity provider</i>		