

# TRINITY HIGH WOLVES



## BREAKFAST

## SEPTEMBER 2020

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   | 1<br>CRUNCHY COLD CEREAL<br>GRAHAM CRACKER<br>CHEESE STICKS<br>FRUIT  | 2<br>BREAKFAST SANDWICH<br>100% FRUIT JUICE  | 3<br>BAGELS<br>CREAM CHEESE/PB/JELLY<br>FRUIT   | 4<br>GRANOLA BAR<br>YOGURT<br>100% FRUIT JUICE                  |
| 7<br><br>NO SCHOOL TODAY | 8<br>CRUNCHY COLD CEREAL<br>GRAHAM CRACKER<br>CHEESE STICKS<br>FRUIT  | 9<br>SCRAMBLED EGGS<br>WITH BACON & CHEESE<br>HASH BROWNS<br>KETCHUP<br>100% FRUIT JUICE | 10<br>PANCAKES<br>SYRUP/PB<br>FRUIT   | 11<br>CINNAMON ROLLS<br>SAUSAGE<br>100% FRUIT JUICE             |
| 14<br>FRENCH TOAST<br>SYRUP/PB<br>100% FRUIT JUICE  | 15<br>CRUNCHY COLD CEREAL<br>GRAHAM CRACKER<br>CHEESE STICKS<br>FRUIT | 16<br>FIESTA CHEESE OMELET<br>TATER TOTS<br>100% FRUIT JUICE                             | 17<br>WARM BAGELS<br>CREAM CHEESE/PB<br>FRUIT   | 18<br>CINNAMON<br>BREAKFAST CAKE<br>SAUSAGE<br>100% FRUIT JUICE |
| 21<br>WARM BAGELS<br>CREAM CHEESE/PB<br>100% FRUIT JUICE  | 22<br>CRUNCHY COLD CEREAL<br>GRAHAM CRACKER<br>CHEESE STICKS<br>FRUIT | 23<br>BREAKFAST TACOS<br>SALSA/CHEESE<br>100% FRUIT JUICE                                | 24<br>ENGLISH MUFFIN<br>SAUSAGE PATTY<br>JELLY<br>FRUIT   | 25<br>WARM MUFFIN<br>YOGURT<br>100% FRUIT JUICE                 |
| 28<br>BREAKFAST COOKIE<br>YOGURT<br>100% FRUIT JUICE  | 29<br>CRUNCHY COLD CEREAL<br>GRAHAM CRACKER<br>CHEESE STICKS<br>FRUIT | 30<br>BISCUITS & GRAVY<br>100% FRUIT JUICE   | <b>THS</b><br><u>Breakfast</u> <u>Lunch</u><br>Student:      2.00      3.25<br>Adult:        2.75      4.50 | <b>BREAKFAST INCLUDES:</b><br><br>1% MILK<br>NON FAT MILK       |
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# TRINITY HIGH WOLVES

## LUNCH



## SEPTEMBER 2020

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  | 1<br><b>TACO TUESDAY</b><br>CHICKEN FAJITA TACO'S<br>FRESH TOPPING<br>MEXICAN RICE<br>FRESH FRUIT   | 2<br>HOT DOGS<br>FRENCH FRIES<br>KETCHUP/MUSTARD<br>FRESH VEGETABLES<br>FRESH FRUIT          | 3<br>NACHO'S<br>FRESH TOPPING<br>MEXICAN BEANS<br>FRESH FRUIT                                 | 4<br>HAM & CHEESE SANDWICH<br>SUN CHIPS<br>LETTUCE & TOMATO<br>FRESH FRUIT |
| 7<br><br>NO SCHOOL   | 8<br><b>TACO TUESDAY</b><br>CRUNCHY BEEF TACO<br>FRESH TOPPING<br>REFRIED BEANS<br>FRESH FRUIT      | 9<br>HAMBURGERS<br>CORN<br>LETTUCE & TOMATO<br>FRESH FRUIT                                   | 10<br>BBQ PORK SANDWICH<br>YOGURT<br>GREEN BEANS<br>FRESH FRUIT                               | 11<br>PEPPERONI PIZZA<br>FRESH VEGETABLE<br>FRESH FRUIT                    |
| 14<br>CHEESE QUESADILLA<br>SPANISH RICE<br>FRESH VEGETABLES<br>FRESH FRUIT   | 15<br><b>TACO TUESDAY</b><br>PORK CARNITAS TACO<br>FRESH TOPPING<br>SPANISH RICE<br>FRESH FRUIT     | 16<br>SPAGHETTI WITH<br>MEAT SAUCE<br>GARLIC BREAD STICKS<br>FRESH VEGETABLES<br>FRESH FRUIT | 17<br>TURKEY & GRAVY<br>MASHED POTATOES<br>DINNER ROLL<br>FRESH VEGETABLES<br>FRESH FRUIT     | 18<br>BOLOGNA SANDWICH<br>SUN CHIP<br>LETTUCE & TOMATO<br>FRESH FRUIT      |
| 21<br>PB & J SANDWICH<br>POTATO CHIPS<br>FRESH VEGETABLES<br>FRESH FRUIT     | 22<br><b>TACO TUESDAY</b><br>CHICKEN FAJITA TACO'S<br>FRESH TOPPING<br>REFRIED BEANS<br>FRESH FRUIT | 23<br>CHICKEN SALAD SANDWICH<br>GOLD FISH PRETZELS<br>FRESH VEGETABLES<br>FRESH FRUIT        | 24<br>SLOPPY JOES<br>FRENCH FRIES<br>FRESH VEGETABLES<br>FRESH FRUIT                          | 25<br>PEPPERONI PIZZA<br>FRESH VEGETABLES<br>FRESH FRUIT                   |
| 28<br>BBQ CHICKEN SANDWICH<br>GREEN BEANS<br>FRESH VEGETABLES<br>FRESH FRUIT | 29<br><b>TACO TUESDAY</b><br>CRUNCHY BEEF TACO<br>REFRIED BEANS<br>FRESH TOPPING<br>FRESH FRUIT     | 30<br>CHICKEN ALFREDO<br>GARLIC BREAD STICK<br>FRESH VEGETABLES<br>FRESH FRUIT               | <u>THS</u><br><u>Breakfast</u> <u>Lunch</u><br>Student:   2.00   3.25<br>Adult:   2.75   4.50 | <u>LUNCH INCLUDES:</u><br>1% MILK<br>NON FAT CHOCOLATE MILK                |

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