


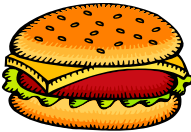



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>The Gramon Family of Schools</h1> <h2>September Meal Menu</h2>					Breakfast served with juice, water, milk, yogurt, and a granola bar.	
	Lunch served with juice, fruit, water and a vegetable.	Gluten free lunches: Pasta, hot dog, chicken tenders or grilled cheese.	No School 1	No School 2	No School 3	4
Alternative 5 lunches- Hot dog, grilled cheese, PB&J, pasta or chicken tenders.	No School 6	No School 7	8 <u>Breakfast:</u> Cereal w/milk. <u>Lunch:</u> Pasta marinara w/Italian bread.	9 <u>Breakfast:</u> Bagel w/cream cheese. <u>Lunch:</u> Crispy chicken wraps w/sweet potato fries.	10 <u>Breakfast:</u> Yogurt & a breakfast bar. <u>Lunch:</u> French bread pizza w/ cucumber and tomato salad.	11 Breakfast and or lunch- Subject to change depending on availability.
12 	13 <u>Breakfast:</u> French toast sticks w/syrup. <u>Lunch:</u> Chicken and rice.	14 <u>Breakfast:</u> Breakfast muffin. <u>Lunch:</u> Cheeseburger sliders w/fries.	15 <u>Breakfast:</u> Cereal w/milk. <u>Lunch:</u> Tortellini w/sauce and garlic bread.	16 No School	17 <u>Breakfast:</u> Egg & cheese on a biscuit <u>Lunch:</u> Pizza w/vegetable sticks.	18 
19	20 <u>Breakfast:</u> Waffles w/syrup. <u>Lunch:</u> Turkey & cheese wrap. w/chips.	21 <u>Breakfast:</u> Breakfast muffin. <u>Lunch:</u> Fish fillet w/fries.	22 <u>Breakfast:</u> Cereal w/milk <u>Lunch:</u> Mac & cheese.	23 <u>Breakfast:</u> Bagel w/cream cheese. <u>Lunch:</u> Chicken pot pie.	24 <u>Breakfast:</u> Pancakes w/syrup. <u>Lunch:</u> Pizza w/ vegetable sticks.	25
26 	27 <u>Breakfast:</u> Bacon & cheese omelet. <u>Lunch:</u> Ham and cheese sub w/chips.	28 <u>Breakfast:</u> Breakfast muffin. <u>Lunch:</u> . BBQ chicken sandwich w/buttered rice.	29 <u>Breakfast:</u> Cereal w/milk. <u>Lunch:</u> Pasta w/meat sauce & Italian bread.	30 <u>Breakfast:</u> Bagel w/cream cheese. <u>Lunch:</u> Cheese dogs in a blanket w/sweet potato fries.	Alternative lunches: Hot dog, pasta, grilled cheese, chicken tenders or PB&J.	