

Menus

School: Cowgill R-VI School

Academic Year: 2020-21

Meal: All

Month: September 2020

September				
M	Tu	W	Th	F
31	1 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Cheeseburger, Carrots & Mandarin Oranges	2 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Pizza, Corn & Applesauce	3 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Chicken Taco Salad, Black Beans & Cinnamon Apples	4 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Tuna Casserole, Peas & Tropical Fruit
7	8 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Burrito, Corn, String Cheese & Cinnamon Apples	9 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Sweet & Sour Chicken, Broccoli, Rice & Pineapple	10 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Meatball Sub, Green Beans & Applesauce	11 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Deli Sandwich, Chips & Banana
14 Breakfast: Yogurt & Granola Bar Juice or Fruit Milk Lunch: Grilled Chicken Sandwich, Carrots & Applesauce	15 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Spaghetti & Marinara Sauce, Green Beans, Breastick & Peaches	16 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: CornDog, Pork N Beans & Pears	17 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: McRibb Sandwich, Mixed Veggies & Mandarin Oranges	18
21 Breakfast: Yogurt & Granola Bar Juice or Fruit Milk Lunch: Hot Dog, BBQ Beans, String Cheese & Pears	22 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Shrimp, Peas & Tropical Fruit	23 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Creamy Chicken Over Biscuit, Strawberries & Dessert	24 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Deli Sandwich, Chips & Banana	25 Breakfast: Donut & Yogurt Juice or Fruit Milk Lunch: Honey Baked Ham, Mashed Potatoes, Gravy, Green Beans, Rolls & Peach Crisp
28 Breakfast: Yogurt & Granola Bar Juice or Fruit Milk Lunch: Turkey & Noodle, Peas & Applesauce	29 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Fish Sandwich, Mixed Veggies & Tropical Fruit	30 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Beef Taco, Black Beans & Cinnamon Apples	1 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Chicken Strips, Sweet Potatoes & Mandarin Oranges "The USDA is an equal opportunity provider and employer."	2