

## Cove School District-September Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday
<b>4<sup>th</sup></b> <b>*Labor Day!!!</b>	<b>5<sup>th</sup></b> <b>Breakfast-</b> Mini Cinnis or Cherry Frudel, fruit and Milk <b>Lunch-</b> Breaded Chicken or Fish on a Bun, chips, fruit & veggie bar and Milk	<b>6<sup>th</sup></b> <b>Breakfast-</b> Cinnamon Roll or Pastry, yogurt, fruit and Milk <b>Lunch-</b> Ham & Cheese Mac or Cheeseburger Mac, garlic bread, fruit & veggie bar and Milk	<b>7<sup>th</sup></b> <b>Breakfast-</b> French Toast Sticks, yogurt, fruit and Milk <b>Lunch-</b> Cheesy Quesadillas, tater tots, strawberry cups, fruit & veggie bar and Milk
<b>11<sup>th</sup></b> <b>Breakfast-</b> Pancake and Sausage Dippers, fruit and Milk <b>Lunch-</b> Crispy Chicken Taco or Bean & Cheese Burrito, Spanish rice, fruit & veggie bar and Milk	<b>12<sup>th</sup></b> <b>Breakfast-</b> Maple Bar or Pastry, yogurt, fruit and Milk <b>Lunch-</b> Hamburger or Cheeseburger, tater tots, fruit & veggie bar and Milk	<b>13<sup>th</sup></b> <b>Breakfast-</b> Biscuits and Gravy, boiled eggs, fruit and Milk <b>Lunch-</b> Spaghetti or Mexi-chicken Noodles, garlic Bread, fruit & veggie bar and Milk <b>Birth Day Cake !!!</b>	<b>14<sup>th</sup></b> <b>Breakfast-</b> Mini Pancakes or Waffles, fruit and Milk <b>Lunch-</b> Chicken Strips or Breaded Fish, baked beans, chips, fruit & veggie bar and Milk
<b>18<sup>th</sup></b> <b>Breakfast-</b> Muffin or Bagel, yogurt, fruit and Milk <b>Lunch-</b> Burger or Sausage Patty, mashed potatoes and gravy, rolls, fruit & veggie bar and Milk	<b>19<sup>th</sup></b> <b>Breakfast-</b> Biscuits and Gravy, boiled eggs, fruit and Milk <b>Lunch-</b> BBQ Pork or Pizza Burger on a Slider Bun, chips, fruit & veggie bar, cookies and Milk	<b>20<sup>th</sup></b> <b>Breakfast-</b> Cinnamon Roll or Pastry, yogurt, fruit and Milk <b>Lunch-</b> Chinese Buffet (Sweet & Sour Chicken, or Breaded Fish), fried rice, fortune cookie, fruit & veggie bar and Milk	<b>21<sup>st</sup></b> <b>Breakfast-</b> French Toast Sticks, yogurt, fruit and Milk <b>Lunch-</b> Pizza Day!, Pepperoni or Cheese, strawberry jello cup, fruit & veggie bar and Milk
<b>25<sup>th</sup></b> <b>Breakfast-</b> French Toast Sticks, yogurt, fruit and Milk <b>Lunch-</b> Nacho Bar (Chili or Mexi-Chicken and cheese), Spanish rice, muffin, fruit & veggie bar and Milk	<b>26<sup>th</sup></b> <b>Breakfast-</b> Maple Bar or Pastry, yogurt, fruit and Milk <b>Lunch-</b> Sloppy Joe, Turkey or Tuna on a Bun, chips, fruit & veggie bar and Milk	<b>27<sup>th</sup></b> <b>Breakfast-</b> Biscuits and Gravy, boiled eggs, fruit and Milk <b>Lunch-</b> Chicken & Noodles or Burger Stroganoff, garlic bread, fruit & veggie bar, brownies and Milk	<b>28<sup>th</sup></b> <b>Breakfast-</b> Pancake and Sausage Dippers, yogurt, fruit and Milk <b>Lunch-</b> Corn Dogs chips, fruit & veggie bar and Milk

**Daily Lunch Prices**

K-5            \$2.40  
 6-12          \$2.90  
 Adult         \$3.50

**Breakfast Prices**

\$2.25/day for all ages

**Milk-** \$.50    **Second Servings-** \$.50

**Protein alternatives** - yogurt, string cheese or peanut butter. Cereal is offered with breakfast daily. Juice may be requested for those who don't drink milk.

*USDA and this institution are equal opportunity providers and employers.*