

SEPTEMBER
Breakfast Menu
Laurel Springs



BREAKFAST MENU
We use the healthier whole grain versions of your breakfast favorites!

CAFÉ CONTACT INFO:

Emily DiAngelo (Food Service Director)

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***Menu subject to change.** Supply chain issues continue to permeate the food service industry leading to product stockouts. We are doing our best to serve what is menued & when that is not possible choosing the best possible substitute.

CAFÉ CONTACT INFO:			Thursday-September 1	Friday-September 2
<p>Monday-September 5</p> <p>Labor Day No School</p>			<p>Tuesday-September 6</p> <p>No Breakfast Served</p>	
<p>Tuesday-September 6</p> <p>No Breakfast Served</p>			<p>Wednesday-September 7</p> <p>No Breakfast Served</p>	
<p>Wednesday-September 7</p> <p>No Breakfast Served</p>			<p>Thursday-September 8</p> <p>Crunch Mania Sides: Fruit of the Day Milk Choice</p>	
<p>Thursday-September 8</p> <p>Crunch Mania Sides: Fruit of the Day Milk Choice</p>			<p>Friday-September 9</p> <p>Pop Tart Graham Crackers Sides: Fruit of the Day Milk Choice</p>	
<p>Friday-September 9</p> <p>Pop Tart Graham Crackers Sides: Fruit of the Day Milk Choice</p>			<p>Monday-September 12</p> <p>Lender Bagel w/ Cream Cheese Sides: Fruit of the Day Milk Choice</p>	
<p>Monday-September 12</p> <p>Lender Bagel w/ Cream Cheese Sides: Fruit of the Day Milk Choice</p>			<p>Tuesday-September 13</p> <p>Choc. Chip Muffin Sides: Fruit of the Day Milk Choice</p>	
<p>Tuesday-September 13</p> <p>Choc. Chip Muffin Sides: Fruit of the Day Milk Choice</p>			<p>Wednesday-September 14</p> <p>Yogurt Cup w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>	
<p>Wednesday-September 14</p> <p>Yogurt Cup w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>			<p>Thursday-September 15</p> <p>Apple Bites Sides: Fruit of the Day Milk Choice</p>	
<p>Thursday-September 15</p> <p>Apple Bites Sides: Fruit of the Day Milk Choice</p>			<p>Friday-September 16</p> <p>Ast. Cereal Cheese Stick Sides: Fruit of the Day Milk Choice</p>	
<p>Friday-September 16</p> <p>Ast. Cereal Cheese Stick Sides: Fruit of the Day Milk Choice</p>			<p>Monday-September 19</p> <p>Crunch Mania Sides: Fruit of the Day Milk Choice</p>	
<p>Monday-September 19</p> <p>Crunch Mania Sides: Fruit of the Day Milk Choice</p>			<p>Tuesday-September 20</p> <p>Nutri Grain Bar & Graham Crackers Sides: Fruit of the Day Milk Choice</p>	
<p>Tuesday-September 20</p> <p>Nutri Grain Bar & Graham Crackers Sides: Fruit of the Day Milk Choice</p>			<p>Wednesday-September 21</p> <p>Choc. Chip Muffin Sides: Fruit of the Day Milk Choice</p>	
<p>Wednesday-September 21</p> <p>Choc. Chip Muffin Sides: Fruit of the Day Milk Choice</p>			<p>Thursday-September 22</p> <p>Pop Tart & Graham Crackers Sides: Fruit of the Day Milk Choice</p>	
<p>Thursday-September 22</p> <p>Pop Tart & Graham Crackers Sides: Fruit of the Day Milk Choice</p>			<p>Friday-September 23</p> <p>Apple Bites Sides: Fruit of the Day Milk Choice</p>	
<p>Friday-September 23</p> <p>Apple Bites Sides: Fruit of the Day Milk Choice</p>			<p>Monday-September 26</p> <p>Yogurt Cup w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>	
<p>Monday-September 26</p> <p>Yogurt Cup w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>			<p>Tuesday-September 27</p> <p>Lender Bagel w/ Cream Cheese Sides: Fruit of the Day Milk Choice</p>	
<p>Tuesday-September 27</p> <p>Lender Bagel w/ Cream Cheese Sides: Fruit of the Day Milk Choice</p>			<p>Wednesday-September 28</p> <p>Pop Tart w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>	
<p>Wednesday-September 28</p> <p>Pop Tart w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>			<p>Thursday-September 29</p> <p>Crunch Mania Sides: Fruit of the Day Milk Choice</p>	
<p>Thursday-September 29</p> <p>Crunch Mania Sides: Fruit of the Day Milk Choice</p>			<p>Friday-September 30</p> <p>Ast. Cereal w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>	
<p>Friday-September 30</p> <p>Ast. Cereal w/ Graham Crackers Sides: Fruit of the Day Milk Choice</p>				



This institution is an equal opportunity provider.

V = Vegetarian Ingredients
 GF = Gluten-Free Ingredients



SEPTEMBER

Elem. Lunch Menu

Laurel Springs
School District

DAILY ALTERNATES:
 These 2 options are available daily!
1. Cereal Lunch
 (Assorted Cereal, Goldfish Crackers, Yogurt & Cheese Stick) Gluten-Free Options are available!

Choose 1 Entrée.
 Lunch Includes:
 Protein ~ Grain ~ Fruit ~ Veggie ~ Milk
 Choose at least 3 out of 5 components including a fruit or veggie. You may take 2 fruits & 2 veggies.
 All salads come with a grain.
 Daily Fruit offerings include: Fresh, Cupped & 100% Juice
 Click to view your lunch account:
www.schoolpaymentportal.com

Fresh veggies such as cucumbers, carrots, peppers or celery are available daily with ranch dip.

CAFÉ CONTACT INFO: Emily DiAngelo (Food Service Director) ecr@nsfm.com Phone: 856--7844441 ext 1160 Milk: Skim Chocolate, 1% White, Skim Strawberry *Menu subject to change. Supply chain issues continue to permeate the food service industry leading to product stockouts. We are doing our best to serve what is menued & when that is not possible choosing the best possible substitute. This institution is an equal opportunity provider.			Thursday-September 1	Friday-September 2
Monday-September 5	Tuesday-September 6	Wednesday-September 7	Thursday-September 8	Friday-September 9
Labor Day No School	No Lunch Served	No Lunch Served	No Lunch Served	No Lunch Served
Monday-September 12	Tuesday-September 13	Wednesday-September 14	Thursday-September 15	Friday-September 16
Chicken Fingers w/ Goldfish Crackers Turkey and Cheese Sandwich <u>Sides:</u> Mixed Vegetables Fruit of the Day	Calzone w/ Marinara Sc. Chickensalad on Roll <u>Sides:</u> Celery Sticks Fruit of the Day	Chicken Patty on a Bun American Hoagie <u>Sides:</u> Broccoli Fruit of the Day	Cheesesteak On Torpedo Roll Italian Hoagie <u>Sides:</u> Corn Fruit of the Day	Grilled Cheese Sandwich Chicken Caesar Wrap <u>Sides:</u> Celery Sticks Fruit of the Day
Monday-September 19	Tuesday-September 20	Wednesday-September 21	Thursday-September 22	Friday-September 23
Popcorn Chicken w/ Goldfish Crackers Ham and Cheese Wrap <u>Sides:</u> Carrots Fruit of the Day	Cheeseburgers On Bun Chickensalad Sandwich <u>Sides:</u> French Fries Fruit of the Day	Twin Tacos w/ Fixings Italian Hoagie <u>Sides:</u> Baked Beans Fruit of the Day	Meatball Sandwich On Torpedo Roll Turkey Club Sandwich <u>Sides:</u> Broccoli Fruit of the Day	French Bread Pizza American Hoagie <u>Sides:</u> Greenbeans Fruit of the Day
Monday-September 26	Tuesday-September 27	Wednesday-September 28	Thursday-September 29	Friday-September 30
Chicken Nuggets w/ Goldfish Crackers Turkey and Cheese Sandwich <u>Sides:</u> Corn Fruit of the Day	French Toast Sticks Syrup & Sausage American Hoagie <u>Sides:</u> Hash Brown Fruit of the Day	Hot Dog On Bun w/ Chips Chickencesar Wrap <u>Sides:</u> Celery Sticks Fruit of the Day	Mozzarella Sticks w/ Marinara Sc./Roll Italian Hoagie <u>Sides:</u> Carrots Fruit of the Day	Pasta and Meatsauce Ham and Cheese Wrap <u>Sides:</u> Broccoli Fruit of the Day