

SEPTEMBER

Breakfast Menu

Laurel Springs



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



CAFÉ (CONTA	CT INFO:
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Emily DiAngelo (Food Service Director) ecr@nsfm.com ~ Phone: 856-784-4441 ext 1160

*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.

Monday-September 5	Tuesday-September 6	Wednesday-September 7	Thursday-September 8	Friday-September 9
Labor Day No School	No Breakfast Served	No Breakfast Served	Crunch Mania Sides: Fruit of the Day Milk Choice	Pop Tart Graham Crackers Sides: Fruit of the Day Milk Choice
Manday Cantambay 12	Tuesday Cambanday (2	III admandana Cambanah an 44	Thursday Contoucher 45	Enisland Combonels on 40

				Milk Choice
Monday-September 12	Tuesday-September 13	Wednesday-September 14	Thursday-September 15	Friday-September 16
Lender Bagel	Choc. Chip Muffin	Yogurt Cup	Apple Bites	Ast. Cereal
w/ Cream Cheese	Sides:	w/ Graham Crackers	Sides:	Cheese Stick
<u>Sides:</u>	Fruit of the Day	Sides:	Fruit of the Day	Sides:
Fruit of the Day	Milk Choice	Fruit of the Day	Milk Choice	Fruit of the Day
Milk Choice		Milk Choice		Milk Choice
Monday-September 19	Tuesday-September 20	Wednesday-September 21	Thursday-September 22	Friday-September 23

Wilk Choice		Wilk Choice		WIIIK CHOICE
Monday-September 19	Tuesday-September 20	Wednesday-September 21	Thursday-September 22	Friday-September 23
Crunch Mania Sides: Fruit of the Day Milk Choice	Nutri Grain Bar & Graham Crackers Sides: Fruit of the Day Milk Choice	Choc.Chip Muffin Sides: Fruit of the Day Milk Choice	Pop Tart & Graham Crackers Sides: Fruit of the Day Milk Choice	Apple Bites Sides: Fruit of the Day Milk Choice
londav-September 26		Wednesday-September 28		Friday-September 30

Monday-September 26	Tuesday-September 27	Wednesday-September 28	Thursday-September 29	Friday-September 30
Yogurt Cup w/ Graham Crackers Sides: Fruit of the Day Milk Choice	Lender Bagel w/ Cream Cheese Sides: Fruit of the Day Milk Choice	Pop Tart w/ Graham Crackers Sides: Fruit of the Day Milk Choice	Crunch Mania Sides: Fruit of the Day Milk Choice	Ast. Cereal w/ Graham Crackers Sides: Fruit of the Day Milk Choice





SEPTEMBER

Elem. Lunch Menu

Laurel Springs School District

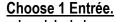


V = Vegetarian Ingredients GF = Gluten-Free Ingredients

These 2 options are available daily!

1. Cereal Lunch

(Assorted Cereal, Goldfish Crackers, Yogurt & Cheese Stick) Gluten-Free Options are available!



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.

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Emily DiAngelo (For ecr@nsfm.com Phone Milk: Skim Chocolate, 19 *Menu subject to change. permeate the food service industriare doing our best to serve who possible choosing the	TACT INFO: od Service Director) :: 8567844441 ext 1160 % White, Skim Strawberry Supply chain issues continue to y leading to product stockouts. We at is menued & when that is not best possible substitute. ual 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 Sides: Mixed Vegetables Fruit of the Day	Calzone w/ Marinara Sc. Chickensalad on Roll Sides: Celery Sticks Fruit of the Day	Chicken Patty on a Bun American Hoagie Sides: Broccoli Fruit of the Day	Cheesesteak On Torpedo Roll Italian Hoagie Sides: Corn Fruit of the Day	Grilled Cheese Sandwich Chicken Caesar Wrap Sides: 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 Sides: Carrots Fruit of the Day	Cheeseburgers On Bun Chickensalad Sandwich Sides: French Fries Fruit of the Day	Twin Tacos w/ Fixings Italian Hoagie Sides: Baked Beans Fruit of the Day	Meatball Sandwich On Torpedo Roll Turkey Club Sandwich Sides: Broccoli Fruit of the Day	French Bread Pizza American Hoagie Sides: 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 Sides: Corn Fruit of the Day	French Toast Sticks Syrup & Sausage American Hoagie Sides: Hash Brown Fruit of the Day	Hot Dog On Bun w/ Chips Chickencaesar Wrap Sides: Celery Sticks Fruit of the Day	Mozzarella Sticks w/ Marinara Sc./Roll Italian Hoagie Sides: Carrots Fruit of the Day	Pasta and Meatsauce Ham and Cheese Wrap Sides: Broccoli Fruit of the Day