

- 2023 -

SEPTEMBER

FRIDAY

1

E-learning Day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

LEGACY PREP

The Child Nutrition Program offers breakfast and lunch free of charge for all scholars. Breakfast is served daily from 7:15 a.m. until 8:30 a.m. Hot meals are available up until 7:45 a.m.

Scholars may choose a hot meal or a 2 oz. cereal bowl + ½ cup of fruit or 100% fruit juice + Milk at breakfast.

SKIP THE LINE WITH A GRAB-N-GO SALAD AT LUNCH!

At lunch, scholars must take at least 3 of the 5 components (grain, protein, fruit, vegetable, milk) offered. One of which must be a ½ cup of fruit or vegetables.

4

Labor Day
No School

5

Chicken Biscuit

Nachos with Beef
Assorted Toppings
Whole Kernal Corn

6

Waffles & Sausage

Hotdog or
Steak Nuggets
Baked Bean

7

Cheese Toast &
Smoked Sausage

Baked Chicken
Or Chicken Nuggets
Rice Pilaf
Turnip Greens

8

Sausage Power Bites

The Panther Burger
Or Fish Nuggets
French Fries

11

Pancake & Bacon

Teriyaki Chicken or
Beef & Broccoli
Fried Rice
Steamed Carrots

12

Ham & Cheese Biscuit

Crispito
(2 each for 6th Grade)
Spring Mix Salad

13

French Toast

Breaded Chicken Sandwich
or Grilled Cheese
Tater Tots

14

Honey Bun & Yogurt

Ranch Pork Chop
Catfish Strips (2)
Green Beans
Roll

15

Grits, Smoked Sausage
& Toast

Assorted Pizza
Dill Chicken Chunks
Corn on the Cob

18

Pancake on a Stick

Spaghetti with Meat Sauce
Mixed Vegetables
Breadstick

19

Steak Biscuit

Beef Taco
Assorted Toppings
Whole Kernal Corn

20

Waffles & Sausage Links

Hotdog or
Steak Nuggets
Baked Beans

21

Breakfast Pizza

Chicken Strips (2)
Or Bacon Strips (2)
Waffle
Strawberry Salad

22

Cheese Omelet,
Hashbrown & Toast

Ham & Cheese Sandwich
or Smuckers Uncrustable
Fresh Carrots w/ Ranch
Baked Chips

25

Cinnamon Roll &
Scrambled Eggs

Buffalo Wings or
BBQ Meatballs
Macaroni & Cheese
Green Beans

26

Sausage Biscuit

Garlic Lime Chicken or
Chicken & Cheese
Quesadilla
Spanish Rice
Corn on the Cob

27

The Prep Waffle Bar
with Assorted Toppings

BBQ Chicken Sandwich
Or Corndog
Garden Salad

28

Spiced Oatmeal &
Sausage Link

Salisbury Steak
Mashed Potatoes
Glazed Carrots
Roll

29

E-learning Day