



Excellence Christian School Breakfast & Lunch Menu

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED (LABOR DAY)	3 Breakfast: Cold Cereal, Fruit, Milk or Juice Lunch: Chicken Strips w/ Baked Potato Bar (Broccoli, Bacon Bits, Sour Cream, Cheese) Garlic Bread, Popsicle, MJW Snack: Nacho Chips w/Cheese	4 Breakfast: Grits, Eggs, Turkey Sausage, Milk or Juice Lunch: Chicken Tenders, French Fries, Side Salad, Jello Cup, MJW Snack: Sliced Apples	5 Breakfast: Cold Cereal, Cereal Bar, Banana, Milk or Juice Lunch: Chicken Lo Mein, Fried Rice, Spring Rolls, Pineapples, MJW Snack: Jello Cup	6 Breakfast: Cold Cereal, Fruit, Milk or Juice Lunch: Chicken Nuggets, Tater Tots, Whole Grain Cookies, MJW Snack: Pudding Cup
9 Breakfast: Hot Cereal, Banana, Yogurt, Milk or Juice Lunch: Toasted Pizza Toppings over Whole Wheat Bun, Salad, Popsicle, MJW Snack: Sliced Oranges	10 Breakfast: Turkey Sausage, Boiled Egg, Cheese Biscuit, Milk or Juice Lunch: Chicken Wingettes, Buttered Noodles, Green Beans, Fruit, MJW Snack: Cookies	11 Breakfast: Cold Cereal, Fruit, Milk or Juice Lunch: Turkey or Ham & Cheese on Croissant, Chicken Noodle Soup, Chips, Sliced Peaches, MJW Snack: Pudding Cup	12 Breakfast: Turkey Bacon, Egg Omelet, Roll, Milk or Juice Lunch: Turkey Hot Dog on Whole Wheat Roll, Baked Beans, Applesauce MJW Snack: Grapes	13 Breakfast: Hot Cereal, Whole Grain Muffin, Fruit Cup, MJW Lunch: Chicken Nuggets, Green Beans, Mashed Potatoes, Whole Wheat Roll, Sliced Apples, MJW Snack: Jello Cup
16 Breakfast: Cold Cereal, Strawberries, Nutri Grain Bar, Milk or Juice Lunch: Chicken Fried Rice, Veggie Spring Roll, Pineapple, MJW Snack: Sliced Apples	17 Breakfast: Turkey Sausage, Grits, Cinnamon Raisin Biscuits, Milk or Juice Lunch: Mini Hamburger or Chicken Slider on Bun, Veggie Baked Beans, Fruit, MJW Snack: Jello Cup	18 Breakfast: Cold Cereal, Nutri Grain Bar, Fruit, Milk or Juice Lunch: Tacos w/fixings, Rice & Beans, Sliced Apples, MJW Snack: Vanilla Wafers	19 Breakfast: Chicken Biscuit, Potato Patty, Applesauce, MJW Lunch: Chicken Lo Mein, Brown Rice, Veggie Egg Roll, Pineapple, MJW Snack: Sun Chips	20 Breakfast: Cereal Kit w/ Cold Cereal, Juice & Breakfast Cookie, Yogurt Lunch: Pigs in a Blanket, Sweet Potato Fries, Side Salad, Applesauce, MJW Snack: Fruit Cup
23 Breakfast: Hot Cereal, Nutri Grain Bar, Banana, Milk or Juice Lunch: Hot Dog on Whole Wheat Bun, French Fries, Sliced Peaches, MJW Snack: Pudding Cup	24 Breakfast: Cold Cereal, Pop Tart, Sliced Oranges, Milk or Juice Lunch: Chicken Stir Fry, Buttered Noodles, Fruit, MJW Snack: Jello Cup	25 Breakfast: Grits, Boiled Egg, Raisin Toast, MJW Lunch: Orange Chicken, Vegetable Fried Rice, Fruit, MJW Snack: Sun Chips	26 Breakfast: Turkey Bacon, Potato Patty, Biscuit, MJW Lunch: Chicken Nuggets, Potato Wedges, Sliced Oranges, MJW Snack: Grapes	27 Breakfast: Cold Cereal, Yogurt, MJW Lunch: Fish Nuggets, Green Beans, Corn Bread, Mandarin Oranges, MJW Snack: Donuts
30 Breakfast: Cold Cereal, Mini Muffins, Applesauce, Milk or Juice Lunch: Chicken Lasagna, Side Salad, Garlic Bread, Sliced Pineapples, MJW Snack: Cookies				

