

September 2016

Klondike Lunch & Breakfast Menu

A variety of milks, juices & fruits offered daily with breakfast. A variety of milks & fruits offered daily with lunch.

This institution is an equal opportunity provider.

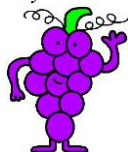
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|--|--|--|-----------|
| | | | | 1 Breakfast Burrito/Hash Browns or Choc. Chip Muffins/Yogurt <i>Salisbury Steak, Biscuit, Brown Gravy, Roasted Potatoes, Salad, Fruity Gelatin</i> | 2 Oatmeal/Cinn. Toast or PBJ <i>Hot Dog or Chili Dog, Corn Chips, Baby Carrots, Crunchy Broccoli Salad, Fresh Grapes, Cookie</i> | 3 |
| 4 | 5 Pancake Wrap/Yogurt or Apple Muffin Top/Yogurt <i>Chicken Nuggets, Mashed Potatoes, Roll, Salad, Tuscan Vegetables, Seasonal Fruit</i> | 6 Chicken-n-Biscuit or Breakfast Strudel/Ch. Stick <i>Asian Bowl, Eggroll, Baby Carrots, Steamed Broccoli, Chilled Pineapples, Sugar Cookies</i> | 7 French Toast/Sausage or Breakfast Parfait <i>Chicken Fajitas, Sp. Rice, Lettuce & Tomato Garnish, Refried Beans, Salsa, Tiny Tomato Cup, Hot Cinnamon Peaches</i> | 8 Early Bird Sand. or PBJ <i>Chicken Parmesan, Salad, Breadsticks, Green Beans, Apple Slices</i> | 9 Dutch Waffle/Bacon or Honey Nut Cheerios/Toast <i>Hamburger/Ch. Burger, HB Garnish, Oven Fries, Fresh Veggie Cup, Orange Smiles</i> | 10 |
| 11 | 12 Breakfast Club or Breakfast Round/Yogurt <i>Steak Fingers, Gravy, Roll, Mashed Potatoes, Carrot Coins, Strawberries/Bananas</i> | 13 Breakfast Pizza or Breakfast Strudel/Ch. Stick <i>Spaghetti Bowl/Meatballs, Breadsticks, Salad, Baked Okra, Sliced Peaches, Choc/Van. Pudding</i> | 14 Biscuit/Scr. Egg/Sausage or Banana Muffin/Yogurt <i>Mexican Combo Plate, Mexicali Corn, Charro Beans, Lettuce & Tomato Garnish, Cinnamon Applesauce</i> | 15 Sausage Kolache/Yogurt or Oatmeal Square/Yogurt <i>Teriyaki Beef Sliders, Baked Potato Chips, Broccoli Bites, Tiny Tomato Cup, Orange Smiles</i> | 16 Pancakes/Sausage or Cornflakes/Toast <i>Popcorn Chicken, Roll, Oven Fries, Cucumber Dippers, Seasonal Fruit, Cookie</i> | 17 |
| 18 | 19 Breakfast Burrito/Hash Browns or Orange Muffin Top/Yogurt <i>Hamburger/Ch. Burger, HB Garnish, Oven Fries, Baby Carrots, Mixed Fruit</i> | 20 Biscuit/Gravy/Scr. Eggs/Ham or PBJ <i>Hot Ham & Cheese Pretzel Sandwich, Tomato-Cucumber Cup, Salad, Snowball Salad</i> | 21 Cinn. Roll/Bacon or Breakfast Parfait <i>Texas Chicken Strip Basket, Carrot Coins, Apple Slices, Cookie</i> | 22 Sausage, Egg, Cheese Croissant or Golden Grahams/Toast <i>BBQ on a Bun, Coleslaw, Pinto Beans, Orange Smiles</i> | 23 Waffles/Bacon or Choc. Chip Muffin Tops/Yogurt <i>Philly Cheese Steak Sandwich, Potato Rounds, Green Beans, Apple-Pineapple D'Lite</i> | 24 |
| 25 | 26 Sausage Biscuit or Breakfast Rounds/Yogurt <i>Taquitos & Queso, Charro Beans, Salad, Hot Cinnamon Peaches</i> | 27 Pita Pocket Breakfast or Breakfast Strudel/Ch. Stick <i>Chili Cheese Combo, Fresh Veggie Cup, Cornbread, Seasonal Fruit, Choc/Van Pudding</i> | 28 Chicken-n-Waffle or Chocolate Muffin/Yogurt <i>Fiesta Bowl, Salad, Tiny Tomato Cup, Fruit Cup</i> | 29 Stuffed Bagel/Sausage Link or PBJ <i>Chicken Nuggets, Mac & Cheese, Green Beans, Broccoli, Apple Slices</i> | 30 Dutch Waffles/Bacon or Cinn. Toast Crunch/Toast <i>Hamburger/Ch. Burger, HB Garnish, Oven Fries, Baby Carrots, Sliced Peaches, Crispy Cereal Treat</i> | 31 |

Grapes & Cucumber Month

Green, red & black grapes are the most common eaten in the U.S. but they come in a variety of colors including yellow, blue-black, crimson, pink & purple. You can make raisins out of grapes. You'll need grapes with all the stems removed & an oven. You can also put grapes in the freezer for a cool and tasty treat to fight off the hot Texas heat!

Cucumbers can be up to 20 degrees cooler than the outside air. They contain 95% water! So the next time your are feeling hot, eat a cucumber to cool down. Cucumbers are a good source of Vitamin A, which is good for your eyes. They are also a good source of Vitamin C, which helps to keep you from getting sick.

Why aren't grapes ever lonely?



Because they come in bunches.

