

PERU PUBLIC SCHOOLS BREAKFAST/LUNCH MENU

SEPTEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
8/30	8/31	1	2	3
Sausage Bagel Apple Juice Milk	Scrambled Eggs Toast/Jelly Fruit Milk	Waffles/Syrup Yogurt Fruit Milk	Cinnamon French Toast Fruit Milk	Pancake Sausage Stick Fruit Milk
Cheeseburger on Bun Tri Tators Celery Sticks Mixed Fruit Milk	Taco Salad Refried Beans Salsa Grapes Milk	Chicken Drumsticks Baked Potato/Butter Broccoli Tropical Fruit Milk	Grilled Chicken Brown Rice Green Beans Fresh Sliced Apples Milk	Sausage Pizza Cabbage Slaw Diced Peaches Milk
6	7	8	9	10
Labor Day No School 	Pancakes/Syrup Orange Juice Milk Chicken Patty on Bun Brown Rice Carrots Tropical Fruit Milk	Scrambled Eggs Bagel Fruit Milk Spaghetti/Meat Sauce Dinner Roll Apple Slices Milk	Breakfast Pizza Mixed Fruit Milk Cheeseburger on Bun French Fries Pickle Spears Sliced Peaches Milk	Sausage Biscuit Fruit Milk Pork Tenderloin on Bun Parsley Potatoes Corn Diced Peaches Milk
13	14	15	16	17
French Toast Sticks Fruit Milk Taco Meat Baked Scoops Lettuce/Cheese/Salsa Apricots Milk	Cereal Toast/Jelly Juice Milk Grilled Chicken Breast Cheese Potatoes Peas Mixed Fruit Milk	Waffles/Syrup Fruit Milk BBQ on Bun Rice Pilaf Green Beans Brownies Fruit Milk	Pancakes/Syrup Apple Juice Milk Salisbury Steak Mashed Potatoes/Gravy Corn Diced Peaches Milk	English Muffin/Ham & Cheese Fruit Milk French Bread Pizza Peas & Carrots Tropical Fruit Milk
20	21	22	23	24
Scrambled Eggs Toast/Jelly Mixed Fruit Milk Hamburger on Bun Tri Tators Corn Sliced Apples Milk	Breakfast Pizza Juice Milk BBQ Ribs on Bun French Fries Pineapple Tidbits Milk	Sausage Bagel Yogurt Fruit Milk Popcorn Chicken Scalloped Potatoes Mixed Vegetables Diced Pears Milk	Cinnamon French Toast Applesauce Milk Turkey Wrap Tossed Salad Banana Milk	Cereal Toast/Jelly Fruit Milk Italian Chicken Breast Potato Wedges Green Beans Sherbet Milk
27	28	29	30	
Waffles/Syrup Fruit Milk Roast Beef Mashed Potatoes/Gravy Green Beans Mixed Fruit Milk	Scrambled Eggs Muffin Juice Milk Ravs with Sauce Garlic Bread Corn Jello Fruit Milk	French Toast/Syrup Fruit Milk Corn Dogs Confetti Fries Peas Spice Cake Milk	Pancake Sausage/Stick Fruit Milk Beef Teriyaki Bites AuGratin Potatoes Carrot Sticks/Dip Fruit Milk	Menu May Change Without Notice