

SEPTEMBER 2023

Amherst County Elementary Schools

Daily Entrees: Chef Salad, Baked Potatoes w/cheese

Monday

Tuesday

Wednesday

Thursday

Friday



4
Labor Day
No School

5
B – Breakfast Pizza
Fruit, Milk
L – Chicken Fajitas or Sandwich
Refried Beans
Lettuce, Tomato
Fruit, Milk

6
B – Egg & Cheese
Biscuit * Fruit, Milk
L – Hot Italian Wrap or Sandwich
Fresh Veggie Cup * Garden
Salad * Baked Dessert
Fruit, Milk

7
B – Yogurt & Grahams
Fruit, Milk
L – Chicken Filet or Sandwich
Lettuce, Tomato
Oven Fries
Fruit, Milk

1
B – Sausage Biscuit
Fruit, Milk
L – Pizza or Sandwich
Cucumber Slices w/dip
Garden Salad
Fruit, Milk

8
B – Sausage Biscuit
Fruit, Milk
L – Garlic French Bread Pizza or
Sandwich * Zucchini Sticks
Broccoli & Carrots w/dip
Fruit, Milk

11
B – Chicken Biscuit
Fruit, Milk
L – Hot Dog on Bun or Sandwich
Cole Slaw
Baked Beans
Fruit, Milk

12
B – Mini Loaf w/grahams
Fruit, Milk
L – Alaskan Pollock Fish on Bun
or Sandwich * Parsley Potatoes
Green Peppers w/dip
Fruit, Milk

13
B – Egg & Cheese
Biscuit * Fruit, Milk
L – Mac & Cheese w/Breadstick
or Sandwich * Steamed Broccoli
Garden Salad
Fruit, Milk

14
B – Waffles
Fruit, Milk
L – Chicken Tenders w/Roll or
Sandwich * Peas
Sweet Potatoes
Fruit, Milk

15
B – Sausage Biscuit
Fruit, Milk
L – Pizza or Sandwich
Garden Salad
Carrots w/dip
Fruit, Milk

18
B – Chicken Biscuit
Fruit, Milk
L – French Toast, Eggs & Sausage
or Sandwich
Tater Tots * V Blend Juice
Baked Apples, Milk

19
B – Frudel
Fruit, Milk
L – Tacos or Sandwich
Refried Beans
Lettuce, Tomato
Fruit, Milk

20
B – Egg & Cheese
Biscuit * Fruit, Milk
L – Asian Chicken w/Brown Rice
or Sandwich * Steamed Broccoli
Squash Medley
Fruit, Milk

21
B – Pancake & Sausage
Wrap * Fruit, Milk
L – Chicken Nuggets w/Roll or
Sandwich
Green Beans * Carrots
Fruit, Milk

22
B – Sausage Biscuit
Fruit, Milk
L – Cheesy Pull-Aparts
Garden Salad
Cauliflower w/dip
Fruit, Milk

25
B – Chicken Biscuit
Fruit, Milk
L – Cheeseburger on Bun or
Sandwich * Oven Fries
Lettuce, Tomato
Fruit, Milk

26
B – Breakfast Pizza
Fruit, Milk
L – Salisbury Steak w/Roll or
Sandwich * Pinto Beans
Mashed Potatoes
Fruit, Milk

27
B – Egg & Cheese
Biscuit * Fruit, Milk
L – Chicken Alfredo w/Breadstick
or Sandwich
Steamed Broccoli * Garden
Salad * Fruit, Milk

28
B – Mini Cinnis
Fruit, Milk
L – Popcorn Chicken w/Roll or
Sandwich * Fresh Veggie Cup
Sweet Potatoes
Fruit, Milk

29
B – Sausage Biscuit
Fruit, Milk
L – Pizza or Sandwich
Cucumber Slices w/dip
Garden Salad
Fruit, Milk