

# SEPTEMBER 2020

## Transylvania County Schools Breakfast K-5 and Lunch Grades NC PreK-5

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
Cinnamon Roll  
Chicken Nuggets w/  
breadstick  
Potato Wedge  
Fruit Mix  
Milk

**2**  
Pancake Sausage Stick  
Beef Taco w/tortilla  
cheese, lettuce, tomato  
Black Beans w/rice  
Peaches  
Milk

**3**  
Pancake Sausage Stick  
Beef Taco w/tortilla  
Cheese,lettuce,tomato  
Black Beans w/rice  
Peaches  
Milk

**4**  
Virtual Day

**7**  
Holiday

**8**  
Cinna Mini  
Pizza Sticks w/  
marinara  
Potato Wedge  
Fruit Mix  
Milk

**9**  
Sausage Bites  
Chicken Fillet on Bun  
Okra  
Beans  
Pears  
Milk

**10**  
Sausage Bites  
Chicken Fillet on Bun  
Okra  
Beans  
Pears  
Milk

**11**  
Virtual Day

**14**  
Cinni Mini  
Pizza Sticks  
Carrots w/ ranch  
Fruit Mix  
Milk

**15**  
Cinna Mini  
Pizza Sticks  
Carrots w/ ranch  
Fruit Mix  
Milk

**16**  
Sausage Biscuit  
BBQ on Bun  
Potato Wedge  
Beans  
Peaches  
Milk

**17**  
Sausage Biscuit  
BBQ on Bun  
Potato Wedge  
Beans  
Peaches  
Milk

**18**  
Virtual Day

**21**  
Maple Mini Pancakes  
Pepperoni Pizza  
Okra  
Fruit Mix  
Milk

**22**  
Maple Mini  
Pancakes  
Pepperoni Pizza  
Okra  
Fruit Mix  
Milk

**23**  
Sausage Bites  
Stromboli  
Romaine salad w/ranch  
Beans  
Strawberries  
Milk

**24**  
Sausage Bites  
Stromboli  
Romaine salad w/ranch  
Beans  
Strawberries  
Milk

**25**  
Virtual Day

**28**  
Cereal w/milk  
Chicken Nuggets  
Celery & Carrots  
w/ ranch  
Fruit Mix  
Milk

**29**  
Cereal w/milk  
Chicken Nuggets  
w/ breadstick  
Potato Tots  
Fruit Mix  
Milk

**30**  
Sausage Biscuit  
Beef Taco w/cheese  
tomato, tortilla  
Black Beans w/rice  
Peaches  
Milk

### DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

#### Additional Lunch Entrée Options

Sandwich or  
Salad Plate

Breakfast is FREE every  
day to all students!

Milk and Fruit are  
served each day at  
Breakfast and Lunch

All grain servings are  
whole grain except  
biscuit and pasta

#### Parents!

Please COMPLETE A  
LUNCH APPLICATION

Applications are sent home  
with each student and posted  
on-line.

You can also complete the  
application online at:

[www.lunchapplication.com](http://www.lunchapplication.com)

“USDA is an equal opportunity  
provider”

07/27/2020 cab

Meal Pattern: \_\_\_\_\_