

# SEPTEMBER 2020

## Transylvania County Schools Breakfast and Lunch Grades 6-12

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

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

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

**18**  
Virtual Day

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

**22**  
Maple Mini Pancake  
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  
Celery & Carrots  
w/ ranch  
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"

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