

MENUS FOR SEPTEMBER 2019

Rock on Café

**Johnson City
K-8**

This institution is an equal opportunity provider. Menus are subject to change.



AVAILABLE DAILY

Salad of the Week:
9/5: Assorted Salad
9/9: Popcorn Chicken
9/16: Turkey Bacon Ranch
9/23: Chicken Spiedie
9/30: Chef

Sandwich of the Day:
M: Turkey & Cheese
T: Ham & Cheese
W: Turkey & Cheese
Th: Ham & Cheese
F: Turkey & Cheese

Yogurt Meals and PB & J are offered daily

Breakfast and Lunch are free for all K-8 students

HAPPY LABOR DAY!



**Try not to be BLUE
about Summer's end –
enjoy the last sweet
days of the season
BERRY much!**



Monday, September 9

Breakfast

Frudel
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch

Popcorn Chicken
Mashed Potatoes
Glazed Carrots
Apple
Low-fat Milk

Tuesday, September 10

Breakfast

Banana or Cinnamon
Breakfast Bread
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch

Fruit & Yogurt Parfait
Mozzarella Cheese Stick
Scooby Grahams
w/chocolate hummus
Veggie Cruncher cup w/dip
Chilled Peaches
Low-fat Milk

Wed., September 11

Breakfast

Bagel Breakfast Pizza
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch

French Toast Sticks
w/sausage
Potato Puffs
Orange
Low-fat Milk

Thursday, September 12

Breakfast

Ultimate Breakfast
Round & Yogurt
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch

Pasta w/meat sauce
Garlic Bread Stick
Broccoli
Applesauce
Low-fat Milk

Friday, September 13

Breakfast

Breakfast Sandwich on
an English Muffin
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch

French Bread Pizza
Romaine Salad
w/chickpeas
Fresh Fruit
Low-fat Milk

Thursday, September 5

Breakfast

French Toast Sticks
w/syrup
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch

Chicken Nuggets
w/dipping sauce
Wheat Dinner Roll
Seasoned Potato Wedges
Carrots w/dip
Apple
Low-fat Milk

Friday, September 6

Breakfast

Breakfast Sandwich
On a Croissant
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch

Stuffed Crust Pizza
Romaine Salad
w/chickpeas
Fresh Fruit
Low-fat Milk

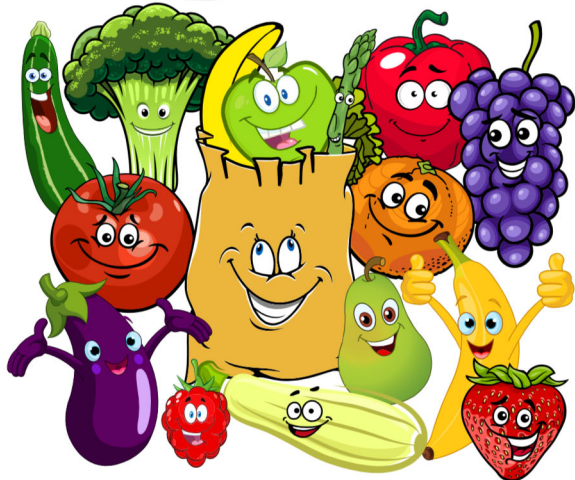


**Despite persistent urban legends
to the contrary, eating a watermelon
seed will not cause a plant to sprout
in your stomach! And, anyway, most
of the watermelons sold today are
seedless. That's too bad – the seeds
roasted with a little olive oil and
salt are a crunchy snack loaded
with protein and other
nutritious goodies!**

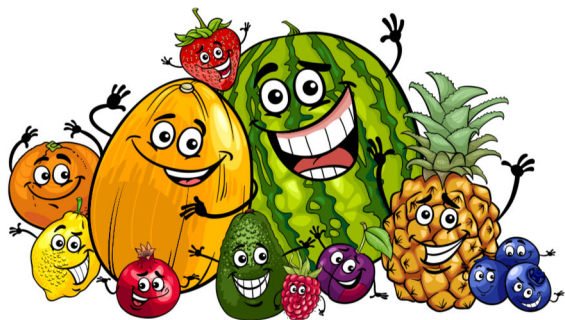
A QUICK BITE FOR PARENTS



What's on
YOUR
plate?



Try to eat a
RAINBOW
of different colors!



Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, September 16

Breakfast
Mini Pancakes
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Cheeseburger on a Bun
w/lettuce & tomato
Sweet Potato Fries
Green Beans
Apple
Low-fat Milk

Tuesday, September 17

Breakfast
Cinnamon Bun &
Yogurt
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch
Taco Salad
Meat, lettuce, tomato,
cheese & salsa
Seasoned Rice
Corn
Mixed Fruit
Low-fat Milk

Wed., September 18

Breakfast
Breakfast Pizza
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Lupos Chicken
Spiedie Sub
Harvest Cheddar
Sun Chips
w/dip & hummus
Banana
Low-fat Milk

Thursday, September 19

Breakfast
French Toast Sticks
w/syrup
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch
Hot Dog on a Bun
Oven Roasted Potatoes
Corn on the Cob
Fresh Berry Cup
Low-fat Milk

Friday, September 20

Breakfast
Breakfast Sandwich
on a Croissant
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Mozzarella Bites
Side of Pasta
Romaine Salad
w/chickpeas
Fresh Fruit
Low-fat Milk

Monday, September 23

Breakfast
Frudel
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Chicken Nuggets
w/dipping sauce
Wheat Dinner Roll
Mashed Potatoes
Glazed Carrots
Apple
Low-fat Milk

Tuesday, September 24

Breakfast
Banana or Cinnamon
Breakfast Bread
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch
Meatball Sub
Crinkle Cut Fries
Veggie Cruncher Cup
w/hummus & dip
Chilled Pears
Low-fat Milk

Wed., September 25

Breakfast
Bagel Breakfast Pizza
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Grilled Cheese
Sandwich
Tomato Soup
Orange
Low-fat Milk

Thursday, September 26

Breakfast
Ultimate Breakfast
Round & Yogurt
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch
Pasta
w/meat sauce
Garlic Bread Stick
Broccoli
Chilled Peaches
Low-fat Milk

Friday, September 27

Breakfast
Breakfast Sandwich on
an English Muffin
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Homemade Pizza
Romaine Salad
w/chickpeas
Fresh Fruit
Low-fat Milk

Friday, September 30

Breakfast
Mini Pancakes
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Chicken Patty
on a Bun
Sweet Potato Fries
Mixed Vegetable
Apple
Low-fat Milk

Farm to School is Growing with NY Thursdays!

NY Thursdays, a meal of seasonal New York State foods cooked from scratch by the Rock on Café. Arranged by Broome-Tioga BOCES, the Rural Health Network, and various local farms and distributors, local lunch will be available to your child one Thursday of each month. Be sure to check your menus for these delicious meals!



In addition to students enjoying delicious local meals on NY Thursdays, they will have the opportunity to taste test local foods and give feedback for future school meals!