

**WCSD**  
**September Menu 2018**  
**Grab & Go Breakfast**

Mar 15, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1 French Toast Bites Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 4 No School Today Pancake Sausage Sandwic Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 5 Blueberry Cereal Bar Strawberry Cereal Bar Apple Cereal Bar Strawberry Yogurt Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 6 Energizer Bagel HAM Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 7 Waffles Mini Bites Cinn ORANGES Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 8 Sausage Biscuit GRAPES, Fresh Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 11 Trix, Cereal Bar Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 12 Sausage Waffle Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 13 Apple Cereal Bar Blueberry Cereal Bar Strawberry Cereal Bar String Cheese Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 14 French Toast Mini Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 15 Cereal Variety Bananas Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 18 Strawberry Yogurt Blueberry Cereal Bar Assorted juicy juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 19 Pancake Sausage Sandwic Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 20 BREAKFAST SAUSAGE P Whole Grain Biscuit Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 21 Cereal Variety Bananas Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 22 French Toast Mini Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 25 Pancake Sausage Sandwic Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 26 Energizer Bagel HAM Assorted Fruit Juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 27 Waffles Mini Bites Cinn ORANGES Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 28 Strawberry Yogurt Blueberry Cereal Bar Assorted juicy juice Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 29 Cereal Variety Bananas Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.  
**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

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## Breakfast K-12

Adult Breakfast \$2.20 Adult Lunch \$3.70

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1 SAUSAGE LINK TOAST,WHOLE-WHEAT B Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Vanilla Fat Free Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 4 No School Today Sausage Biscuit Cereal Variety APPLESAUCE JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 5 BREAKFAST SAUSAGE P Grits Cereal Variety ORANGES HALVES JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 6 Muffins Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 7 HAM Whole Grain Biscuit Cereal Variety Appealing Fresh Fruit JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 8 BREAKFAST SAUSAGE P FRENCH TOAST STICKS Cereal Variety Awesome Apple Wedges JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 11 BREAKFAST SAUSAGE P Whole Grain Biscuit Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 12 HAM Grits Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 13 Muffins Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 14 SAUSAGE LINK TOAST,WHOLE-WHEAT B Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 15 BREAKFAST SAUSAGE P Whole Grain Biscuit Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 18 BREAKFAST SAUSAGE P Whole Grain Biscuit Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 19 HAM Whole Grain Biscuit Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Vanilla Fat Free Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 20 Muffins Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 21 CHEESE TOAST Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 22 PANCAKES SAUSAGE LINK Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Vanilla Fat Free Milk Chocolate Fat Free Milk Strawberry Fat Free
Sep - 25 BREAKFAST SAUSAGE P Whole Grain Biscuit Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 26 BREAKFAST PIZZA Sausa Cereal Variety GRAPES,Fresh JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 27 PANCAKE ON A STICK Cereal Variety Awesome Apple Wedges JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 28 BANANA LOAF Cereal Variety Fresh Strawberries JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free	Sep - 29 SAUSAGE LINK TOAST,WHOLE-WHEAT B Cereal Variety Fruit Cup JUICE VARIETY Milk 1% Milk Chocolate Fat Free Milk Strawberry Fat Free

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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**JUNE 2016  
SUMMER SCHOOL**

**Williamsburg County School Food Service**

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	
6	Student Choice	7	8	9	10
		Student Choice	Sausage Patty Grits Juice Milk	Breakfast Pizza Juice Milk	No School
13	Sausage Patty Biscuit Juice Milk	14	15	16	17
		Turkey Ham Grits Juice Milk	Scrambled Eggs Biscuit Juice Milk	Sausage Patty Grits Juice Milk	No School
20	Turkey Ham Grits Juice Milk	21	22	23	24
		Sausage Patty Grits Juice Milk	Breakfast Pizza Juice Milk	Chicken Patty Grits Juice Milk	No School
27	Sausage Patty Biscuit Juice Milk	28	29	30	
		Breakfast Pizza Juice Milk	Mini Loaf Muffin Cereal Canned Fruit Milk	Blueberry Muffin Cereal Canned Fruit Milk	No School

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## Breakfast K-12

Adult Breakfast \$2.20 Adult Lunch \$3.70

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 BREAKFAST PIZZA Sausa Cereal Variety Appealing Fresh Fruit JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 2 TOAST,WHOLE-WHEAT B Scrambled Eggs HAM Cereal Variety Awesome Apple Wedges JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free
Mar - 5 Sunshine Sausage Biscuit Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 6 Jaw Dropping Chicken San Cereal Variety Appealing Fresh Fruit JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 7 Sweet Spicy Muffins Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 8 Heart Warming Grits SAUSAGE LINK Cereal Variety Awesome Apple Wedges JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 9 Delicious Croissant HAM Cereal Variety Fresh Strawberries Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free
Mar - 12 Chicken Patty Whole Grain Biscuit Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 13 PANCAKES SAUSAGE LINK Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Vanilla Fat Free Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 14 BREAKFAST PIZZA Sausa Cereal Variety GRAPES,Fresh JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 15 CHEESE TOAST Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 16 Scrambled Eggs TOAST,WHOLE-WHEAT B Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Vanilla Fat Free Milk Chocolate Fat Free Milk Strawberry Fat Free
Mar - 19 BREAKFAST SAUSAGE P WAFFLE Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 20 Sweet Spicy Muffins Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 21 PANCAKE ON A STICK Cereal Variety Awesome Apple Wedges JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 22 BREAKFAST PIZZA Sausa Cereal Variety GRAPES,Fresh JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 23 SAUSAGE LINK TOAST,WHOLE-WHEAT B Cereal Variety Fruit Cup JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free
Mar - 26 Sunshine Sausage Biscuit Cereal Variety APPLESAUCE JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 27 HAM TOAST,WHOLE-WHEAT B Cereal Variety ORANGES HALVES JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 28 BREAKFAST SAUSAGE P Heart Warming Grits Cereal Variety Appealing Fresh Fruit JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 29 BREAKFAST PIZZA Sausa Cereal Variety Appealing Fresh Fruit JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free	Mar - 30 SAUSAGE LINK FRENCH TOAST STICKS Cereal Variety Awesome Apple Wedges JUICE VARIETY Mouth Watering Milk Milk Chocolate Fat Free Milk Strawberry Fat Free

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Adult Breakfast \$2.20 Adult Lunch \$3.70

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1 Chef Salad BBQ Rib on Bun Sausage Pizza Fish Sandwich Pinto Beans Collard Greens Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free
Sep - 4 No School Today Chef Salad TURKEY W/CHEESE SAN Chicken Patty on Bun Potato Wedges Lettuce & Tomato Rips Slush Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 5 Chef Salad Chicken Alfredo Pizza, Pepperoni Whole W Steamed Broccoli W.W. Bread Stick Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 6 Chef Salad Taco Pie with Topping Cheeseburger on Bun Refried Beans Mexicali Corn Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 7 Chef Salad BBQ Pork on Bun Corn Dog Sweet Potato Puffs Green Beans Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 8 Chef Salad Cheeseburger on Bun Deli Sub Lettuce & Tomato French Fries Carrot Sticks Ranch Dressing Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free
Sep - 11 Chef Salad Fish Nuggets Hot Dog on a Bun Tartar Sauce Potato Wedge Cole Slaw Carrot Raisin Salad Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 12 Chef Salad Salisbury Steak BBQ Rib on Bun Mashed Potatoes Green Beans Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 13 Chef Salad Oven Fried Chicken Pizza, Pepperoni Whole W Brown Rice Pilaf Collard Greens Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 14 Chef Salad Beef Patty Teriyaki Stri Rice-Vegetable Casserole Cheeseburger on Bun Peas, Black-Eyed Canned Broccoli Salad Whole Wheat Roll Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 15 Chef Salad Chicken Patty on Bun Pizza, Pepperoni Whole W Potato Smiles Carrot Sticks Ranch Dressing Pineapple Chunks Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free
Sep - 18 Chef Salad Chicken Nuggets Deli Sub Potato Smiles Broccoli-Carrots Ranch Dressing Whole Wheat Roll Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 19 Chef Salad Corn Dog Mini WG Turkey Chicken Patty on Bun Sweet Potato Fries Corn on the Cob Pinto Beans Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 20 Chef Salad Deli Sub Lettuce & Tomato Broccoli-Carrots Ranch Dressing Lt. Rips Slush Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 21 Chef Salad Spaghetti w/Meat Sauce BBQ Rib on Bun Green Beans Tossed Salad W.W. Bread Stick Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Sep - 22 Chef Salad Hot Dog on a Bun Hot Dog Chili Cheeseburger on Bun Potato Tots Beans, Baked Sorbet Assorted Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29
Chef Salad Pizza, Pepperoni Whole W BBQ Rib on Bun Green Beans Tossed Salad Salad Dressing 1000 Isla Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Chef Salad Stirfry Rice Eggs & Ham Cheeseburger on Bun Corn on the Cob Carrot Raisin Salad Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Chef Salad Macaroni & Cheese Baked Chicken Pizza, Pepperoni Whole W Saute Cabbage Peas, Black-Eyed Canned Combread Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Chef Salad Sloppy Joe on Bun Hot Dog on a Bun Tossed Salad Salad Dressing 1000 Isla Broccoli-Carrots French Fries Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free	Chef Salad BBQ Rib on Bun Fish Sandwich Pinto Beans Collard Greens Fruit Cocktail Fresh Fruit Milk 1% Milk Strawberry Fat Free Milk Chocolate Fat Free

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