

# SEPTEMBER 2014

## UPPER ADAMS

MONDAY

1  
NO SCHOOL

TUESDAY

2  
DAY 1  
WG MUFFINS  
ASST. CEREAL  
CANTALOUPE  
MILK

WEDNESDAY

3  
DAY 2  
KELLOGG CEREAL  
GRANOLA BARS  
BANANA  
RAISINS  
MILK

THURSDAY

4  
DAY 3  
WG POP-TARTS  
ASST. CEREAL  
APPLESAUCE  
MILK

FRIDAY

5  
DAY 4  
ASST. CEREAL  
ANIMAL CRACKERS  
YOGURT  
JUICE  
MILK

8  
DAY 5  
FRENCH TOAST  
JUICE  
ASST CEREAL  
MILK

9  
DAY 6  
WG MUFFINS  
KELLOGG WG CEREAL  
CANTALOUPE  
MILK

10  
DAY 1  
ASST. WG CEREAL  
GRANOLA BARS  
BANANA  
RAISINS  
MILK

11  
DAY 2  
WG POP-TARTS  
ASST. WG CEREAL  
APPLESAUCE  
MILK

12  
DAY 3  
ASST. WG CEREAL  
ANIMAL CRACKERS  
YOGURT  
JUICE  
MILK

15  
DAY 4  
WG PANCAKES  
JUICE  
KELLOGG WG CEREAL  
MILK

16  
DAY 5  
WG MUFFINS  
ASST. WG CEREAL  
CANTALOUPE  
MILK

17  
DAY 6  
ASST. WG CEREAL  
GRANOLA BARS  
BANANA  
RAISINS  
MILK

18  
DAY 1  
KELLOGG WG CEREAL  
WG POP-TARTS  
APPLESAUCE  
MILK

19  
DAY 2  
ASST. WG CEREAL  
ANIMAL CRACKERS  
YOGURT  
JUICE  
MILK

22  
DAY 3  
WG FRENCH TOAST  
JUICE  
MILK  
ASST. WG CEREAL

23  
DAY 4  
WG MUFFINS  
ASST. WG CEREAL  
CANTALOUPE  
MILK

24  
DAY 5  
ASST. WG CEREAL  
GRANOLA BARS  
BANANA  
RAISINS  
MILK

25  
DAY 6  
KELLOGG WG CEREAL  
WG POP-TARTS  
APPLESAUCE  
MILK

26  
DAY 1  
ASST. WG CEREAL  
ANIMAL CRACKERS  
YOGURT  
JUICE  
MILK

29  
DAY 2  
WG. PANCAKES  
JUICE  
MILK  
ASST. WG CEREAL

30  
DAY 3  
WG MUFFINS  
ASST. WG CEREAL  
CANTALOUPE  
MILK

31  
DAY 4  
WG MUFFINS  
ASST. WG CEREAL  
CANTALOUPE  
MILK

32  
DAY 5  
WG MUFFINS  
ASST. WG CEREAL  
CANTALOUPE  
MILK

33  
DAY 6  
WG MUFFINS  
ASST. WG CEREAL  
CANTALOUPE  
MILK



**A La Carte**  
MILK \$.60  
REDUCED BREAKFAST  
\$.30  
BREAKFAST \$1.50

**School News**  
NO SCHOOL SEPT 1ST

**DID YOU KNOW?**  
The average classroom pencil can write about 45,000 words!

# SEPTEMBER 2014 K-6

Upper Adams School District

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>1</u> NO SCHOOL	<u>2 DAY 2</u> Pizza Steamed Broccoli Slushie/Applesauce Choice of Milk SALAD BAR	<u>3 DAY 3</u> SUBWAY SUB Lettuce, tomato, onion Peaches Choice of Milk	<u>4 DAY 4</u> Chicken Nuggets Carrots Sticks w/dip Slushie/Apple Half Choice of Milk SALAD BAR	<u>5 DAY 5</u> Ham & Bean Soup Fish Sticks Pears Choice of Milk SALAD BAR	<u>Market Basket Features</u> <u>BROCCOLI</u> 
	<u>8 DAY 6</u> Johnny Marzetti Steamed Broccoli Garlic Roll Apple Half Choice of Milk SALAD BAR	<u>9 DAY 1</u> Hamburger on WG Lettuce, tomato, onion French Fries Slushie/Fruit Cup Choice of Milk SALAD BAR	<u>10 DAY 2</u> SUBWAY SUB Lettuce, tomato, onion Pears Choice of Milk	<u>11 DAY 3</u> Pizza Baby Carrots/Pickles Slushie/Fruit Cup Choice of Milk SALAD BAR	<u>12 DAY 4</u> All American Hot Dog w/sauerkraut Baked Beans Applesauce Choice of Milk SALAD BAR	
	<u>15 DAY 5</u> Chicken Patty on WG Steamed Corn Peaches Choice of Milk SALAD BAR	<u>16 DAY 6</u> Pizza Steamed Broccoli Slushie/Fruit Cup Choice of Milk SALAD BAR	<u>17 DAY 1</u> SUBWAY SUB Lettuce, tomato, onion Pineapple Choice of Milk	<u>18 DAY 2</u> Chicken Noodle Soup Fish Sticks Baby Carrots Slushie/Fruit Cup Choice of Milk SALAD BAR	<u>19 DAY 3</u> Nacho Grande w/tortilla chips Cheddar Cheese Lettuce, tomato, onion Red Beans & Rice Pineapple Tidbits Choice of Milk	<u>WHOLE GRAIN BREADS</u> FRESH FRUIT AND VEGETABLES, 1% MILK, FAT FREE FLAVORED MILK OFFERED DAILY. MENU SUBJECT TO CHANGE
	<u>22 DAY 4</u> White Bean Soup Cheeseburger on WG Lettuce, tomato, onion Fruit Cup Choice of Milk SALAD BAR	<u>23 DAY 5</u> Hot Dog on WG French Fries Slushie/ Orange Quarter Choice of Milk SALAD BAR	<u>24 DAY 6</u> SUBWAY SUB Lettuce, tomato, onion Fruit Cocktail Choice of Milk	<u>25 DAY 1</u> Pizza Steamed Broccoli Slushie/ Strawberries Choice of Milk SALAD BAR	<u>26 DAY 2</u> Pasta & Meatballs Romaine & Spinach Salad Fresh Garlic Roll Fruit Cup Choice of Milk	<u>LUNCH PRICES</u> 2.50 Student .40 Reduced Student 3.75 Adult <u>BREAKFAST PRICES</u> 1.50 Student .30 Reduced Student Ala carte—Adult
	<u>29 DAY 3</u> Nacho Grande w/tortilla chips Cheddar Cheese Lettuce, tomato, onion Peaches Choice of Milk	<u>30 DAY 4</u> Pizza Steamed Green Beans Slushie/Cantaloupe Choice of Milk SALAD BAR				



# SEPTEMBER 2014

## 7-12

### Middle/High School Breakfast

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL	2 YOGURT GRANOLA BAR ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK	3 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	4 BAGEL W/CREAM CHEESE ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK	5 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	<u>BREAKFAST PRICES</u> 1.75 MS/HS STUDENT .30 REDUCED STUDENT ALA CARTE—ADULT
	8 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	9 EGG & CHEESE ON WG ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK	10 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	11 POP TART (2) ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK	12 BREAKFAST CEREAL ASSORTED CEREALS FRUIT CHOICE OF MILK	
	15 BREAKFAST PIZZA ASSORTED CEREAL FRUIT CHOICE OF MILK	16 BAGEL W/CREAM CHEESE ASSORTED CEREAL FRUIT OR JUICE CHOICE OF MILK	17 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	18 FRENCH TOAST STIX SAUSAGE LINKS ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK	19 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	
	22 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	23 PANCAKES W/FRUIT ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK	24 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	25 YOGURT GRANOLA BAR ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK	26 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	
	29 BREAKFAST PIZZA ASSORTED CEREALS FRUIT CHOICE OF MILK	30 POP TART (2) ASSORTED CEREALS FRUIT OR JUICE CHOICE OF MILK				

**SEPTEMBER 2014****Biglerville Middle & High School**

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	1 NO SCHOOL LABOR DAY	2 Spaghetti w/meat sauce Garlic Bread WG Seasoned Locally Grown Broccoli Fresh & Chilled Fruits Choice of Milk	3 <b>SUBWAY</b> Lettuce, tomato, onion Fruit Cup Choice of Milk	4 Fish Filet French Fries Mixed Garden Greens w/Romaine & Spinach Fresh & Chilled Fruits Choice of Milk	5 Chicken Fajita Sautéed Pepper & Onion Lettuce & Tomato Refried Beans Fresh & Chilled Fruits Choice of Milk	<u>MARKET BASKET</u> <u>FEATURES</u> <u>BROCCOLI</u> 
	8 CANNER Beef & Cheddar On Whole Grain Roll Baby Carrots w/dip Fresh & Chilled Fruits Choice of Milk	9 Spicy Grilled Cheese On Whole Grain Bread Cowboy Caviar Bean Salad w/Red Onion & Tomato Fresh & Chilled Fruits Choice of Milk	10 <b>SUBWAY</b> Lettuce, tomato, onion Fruit Cup Choice of Milk	11 Chicken Nuggets Steamed Corn Whole Grain Biscuit w/Jam Fresh & Chilled Fruits Choice of Milk	12 Fish Sticks French Fries Baked Tomato Slices w/bread crumb topping Fresh & Chilled Fruits Choice of Milk	WHOLE GRAIN BREADS FRESH FRUITS AND VEGETABLES, FAT FREE AND REDUCED FAT MILK OFFERED DAILY  MENUS SUBJECT TO CHANGE WITHOUT NOTICE
	15 Lasagna WG garlic roll Fresh Garden Greens w/Romaine & Spinach Fresh & Chilled Fruits Choice of Milk	16 Baked Alaskan Pollack Wedge w/tartar sauce WG pumpkin bar Cabbage Slaw Fresh & Chilled Fruits Choice of Milk	17 <b>SUBWAY</b> Lettuce, tomato, onion Fruit Cup Choice of Milk	18 Hot Dog on WG bun w/onion & relish Biglerville Baked Beans Fresh & Chilled Fruits Choice of Milk	19 Canner Beef & Cheddar On WG roll French Fries Green Bean Polonaise Fresh & Chilled Fruits Choice of Milk	
	22 All American Hot Dog On WG roll Hawaiian Baked Beans Cabbage Slaw Fresh & Chilled Fruits Choice of Milk	23 Tomato Soup Spicy Grilled Cheese On Whole Grain Bread Fresh & Chilled Fruits Choice of Milk	24 <b>SUBWAY</b> Lettuce, tomato, onion Fruit Cup Choice of Milk	25 Spaghetti w/meat sauce Garlic Bread WG Fresh Garden Greens w/Romaine & Spinach Fresh & Chilled Fruits Choice of Milk	26 Chicken Cordon Bleu/WG Baked Tomato Slices w/bread crumb topping Fresh & Chilled Fruits Choice of Milk	
	29 Nacho Grande w/WG tortilla chips Lettuce, Tomato, Onion Cheddar Cheese Fresh & Chilled Fruits	30 Johnny Marzetti Baked Garlic Roll Romaine & Spinach Salad Fruit Cup Choice of Milk				<u>LUNCH PRICES</u> 2.75 MS/HS STUDENT .40 REDUCED STUDENT 3.75 ADULT <u>BREAKFAST PRICES</u> 1.75 MS/HS STUDENT .30 REDUCED STUDENT ALA CARTE—ADULT