SEPTEMBER Breakfast

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NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
September 3, 2018	**September 4, 2018**	**September 5, 2018**	**September 6, 2018**	**September 7, 2018**
LABOR DAY	TRIX ^ Animal Grahams ^ Cherry Craisins Grape Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Graham Crackers ^ Fresh Fruit Choice of Milk	PANCAKES ^ Fresh Fruit Apple Cherry Juice Syrup Choice of Milk	
September 10, 2018	**September 11, 2018**	**September 12, 2018**	**September 13, 2018**	**September 14, 2018**
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Cherry Craisins Blended Fruit Juice Choice of Milk	FRENCH TOAST STICKS ^ Orange Juice Diced Pears Syrup Choice of Milk	String Cheese Tropical Mini Loaf ^ Fresh Fruit Choice of Milk	BREAKFAST BURRITO ^ Fresh Fruit Diced Peaches Taco Sauce Choice of Milk	
September 17, 2018	**September 18, 2018**	**September 19, 2018**	**September 20, 2018**	**September 21, 2018**
TRIX ^ Strawberry Pancake Square ^ Cherry Craisins Orange Juice Choice of Milk	EGG & CHEESE BAGEL ^ Mixed Fruit Cup Blended Fruit Juice Assorted Jelly Choice of Milk	RASPBERRY YOGURT Granola ^ Fresh Fruit Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Fruit Grape Juice Choice of Milk	
September 24, 2018	**September 25, 2018**	**September 26, 2018**	**September 27, 2018**	**September 28, 2018**
COCOA PUFFS ^ Graham Crackers ^ Cherry Craisins Apple Cherry Juice Choice of Milk	WAFFLES ^ Diced Pears Orange Juice Syrup Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Fruit Choice of Milk	CHICKEN BISCUIT ^ Fresh Fruit Blended Fruit Juice Honey Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

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SEPTEMBER Lunch

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NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL

L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 3, 2018	**September 4, 2018**	**September 5, 2018**	**September 6, 2018**	**September 7, 2018**
LABOR DAY	MINI CORN DOGS & CHICKEN FUN MIX BBQ Sauce Ketchup Baby Carrots Light Ranch Dressing TACO MEAT Tortilla Rounds ^ Corn Orange Sorbet 100% Juice Mixed Fruit Cup Vanilla Cookie ^ Choice of Milk	*NATIONAL CHEESE PIZZA DAY!* CHEESY FLATBREAD ^ TURKEY BOLOGNA SANDWICH^ Fresh Celery Sticks (IW) Light Ranch Dressing Mustard Mixed Vegetables Diced Pears Blended Fruit Juice Choice of Milk	SPICY CHICKEN FILLET ^ BBQ Sauce Wrapped Hamburger Bun ^ HOT DOG Mustard Wrapped Hot Dog Bun ^ French Fries Baby Carrots Light Ranch Dressing Ketchup (2) Pretzel ^ Fresh Fruit Choice of Milk	SPAGHETTI & MEATBALLS ^ Breadstick (IW)^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Fruit Grape Juice Choice of Milk
September 10, 2018	**September 11, 2018**	**September 12, 2018**	**September 13, 2018**	**September 14, 2018**
CHICKEN STRIPS W/SWEET POTATO PUFFS ^ BBQ Sauce Ketchup ROTINI BAKE ^ Mixed Vegetables Applesauce Cup Blended Fruit Juice Breadstick (IW)^ Choice of Milk	BAGEL DOG ^ Mustard CHICKEN NUGGETS WITH POTATO ROUNDS ^ BBQ Sauce Maple Baked Beans Tropical Veggie Juice Pineapple Tidbits Cherry Craisins Ketchup Multi Grain Sun Chips ^ Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY CRISPY CHICKEN PATTY ^ BBQ Sauce Wrapped Hamburger Bun ^ Mashed Potatoes Diced Carrots Fresh Fruit Mixed Fruit Cup Choice of Milk	MINI CHEESE RAVIOLI WITH SAUCE ^ Wrapped Sliced Bread ^ DELI SUB SANDWICH ^ Mustard Fresh Celery Sticks (IW) Light Ranch Dressing Broccoli Fresh Fruit Choice of Milk	BBQ CHICKEN Wrapped Hamburger Bun ^ CHEESY PARM WRAP ^ Corn Grape Juice Fresh Fruit Choice of Milk
September 17, 2018	**September 18, 2018**	**September 19, 2018**	**September 20, 2018**	**September 21, 2018**
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick (IW)^ BAGEL DOG ^ Mustard Ketchup Diced Carrots Maple Baked Beans Mixed Fruit Cup Grape Juice Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Syrup RANCH TURKEY BURGER Mustard Wrapped Hamburger Bun ^ Potato Rounds SunSet Sip Juice Diced Peaches Cherry Craisins Ketchup Choice of Milk	PEPPERONI FLATBREAD ^ TURKEY BOLOGNA SANDWICH^ Mustard Mayonnaise Fresh Chopped Romaine (IW) Light Ranch Dressing Wango Mango Juice Fresh Fruit Diced Pears Choice of Milk	MAC & CHEESE ^ POPCORN CHICKEN ^ BBQ Sauce Country Blend Vegetables Fresh Celery Sticks (IW) Light Ranch Dressing Corn Muffin ^ Fresh Fruit Choice of Milk	CHARBROILED HAMBURGER Ketchup Mustard Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Taco Sauce Mixed Vegetables Baby Carrots Light Ranch Dressing Fresh Fruit Blended Fruit Juice Choice of Milk
September 24, 2018	**September 25, 2018**	**September 26, 2018**	**September 27, 2018**	**September 28, 2018**
PIZZA DIPPERS Marinara Dipping Sauce CHICKEN NUGGETS WITH POTATO ROUNDS ^ BBQ Sauce Ketchup Mixed Vegetables Applesauce Cup Blended Fruit Juice Snickerdoodle Cookie ^ Choice of Milk	CHICKEN QUESO BURRITO Salsa Cup Baby Carrots Light Ranch Dressing TACO MEAT IW Soft Tortilla ^ Refried Beans Pineapple Tidbits Grape Juice Tortilla Rounds ^ Choice of Milk	RANCH TURKEY BURGER SPICY CHICKEN FILLET ^ BBQ Sauce Wrapped Hamburger Bun ^ French Fries SunSet Sip Juice Ketchup Chipotle Ranch Fresh Fruit Diced Peaches Choice of Milk	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN DELI SUB SANDWICH ^ Mustard Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Croutons ^ Light Ranch Dressing Fresh Fruit Choice of Milk	HOT DOG WITH POTATO ROUNDS Mustard Ketchup (2) Wrapped Hot Dog Bun ^ PEPPERONI FLATBREAD PIZZA ^ Country Blend Vegetables Mixed Fruit Cup Orange Juice Chocolate Cookie ^ Choice of Milk

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