

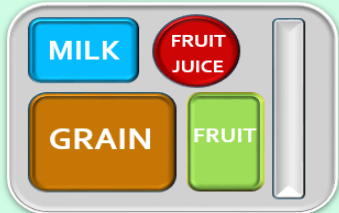

# MUSCATINE SCHOOLS (K - 8)

## BREAKFAST & LUNCH\*

# AUG/SEPT

# 2017

\*Menu subject to change

14	15	16	17	18
<p>What Makes A Breakfast? Select 3 Components!</p> 	<p>What Makes a Lunch? Select 3-5 Components</p>  <p>One must be a FRUIT OR VEGGIE</p>	<p>Welcome back to school!</p>		
		<p><b>1st Day of School</b></p> <p>GRADES: 1 - 5, 6 &amp; 9</p>		<p>Let's Go Muskie!</p> <p>(1st varsity home game of the season)</p>
	<p><b>AUG. 22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>Announcements:</b> Carroteenies will be served daily, at all schools!</p> <p><b>Introducing:</b> <b>Salad Bars at</b> CMS &amp; WMS Jefferson &amp; McKinley</p>	<p><b>Muskie</b> Back-to-School Night</p> <p>Elementary Schools 5:00 - 6:30</p> <p>Middle Schools 5:00 - 7:00</p> <p>MHS 6:00 - 8:00</p>	<p>Assorted Cereals w/ Toast</p> <p>Mozzarella Pizza Sticks or PBJ Choices</p> <p><b>Eat your colors!</b> Marinara Sauce Fresh Carrots Applesauce Cups</p>	<p>Assorted Cereals w/ Toast or WG Long John</p> <p>Hot Dog or PBJ Choices</p> <p>Chocolate Pudding Cup</p> <p><b>Eat your colors!</b> Fresh Carrots Fresh Apple Slices</p>	<p>Assorted Cereals w/ Toast</p> <p>Cheese Pizza or PBJ Choices</p> <p>Mini Rice Krispie Treat</p> <p><b>Eat your colors!</b> Corn Fresh Carrots Assorted Fresh Fruit</p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>SEPT. 1</b></p>
<p>Assorted Cereals w/ Toast</p> <p>French Toast (Whole) w/ Sausage or PBJ Choices</p> <p><b>Eat your colors!</b> Sweet Potatoes Fresh Carrots Assorted 100% Fruit Juices</p>	<p>Assorted Cereals w/ Toast</p> <p>Seasoned Ground Beef w/ Cheese &amp; Tortilla Chips or Chicken Filet Sandwich</p> <p><b>Eat your colors!</b> Mixed Green Salad Refried Beans Banana</p>	<p>Assorted Cereals w/ Toast</p> <p>Corn Dog or Chicken Filet Sandwich</p> <p><b>Eat your colors!</b> Fresh Cauliflower Mandarin Oranges</p>	<p>Assorted Cereals w/ Toast or WG Long John</p> <p>Cheeseburger or Chicken Filet Sandwich</p> <p><b>Eat your colors!</b> Mixed Green Salad Crinkle Fries Fresh Watermelon</p>	<p>Assorted Cereals w/ Toast</p> <p>Cheese Pizza or Chicken Filet Sandwich</p> <p>Carnival Cookie</p> <p><b>Eat your colors!</b> Green Beans Mixed Fruit</p>

**BREAKFAST** - Offered daily: Assorted Fresh Fruit & 100% Juice **LUNCH** - Offered daily: Fresh Baby Carrots & Fresh Fruit, 1% White & Chocolate Skim Milk

**EXTRA/SNACK MILK:** extras, with a sack lunch from home and/or kindergarten or class snack milk are .55 for each carton for everyone

**\*ALERT:** when peanut butter is served, ff ranch will be offered at Elementary Allergen schools

Please contact Alisha Eggers at 263-7223 or [alisha.eggers@mcsdonline.org](mailto:alisha.eggers@mcsdonline.org) with comments or concerns

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