BREAKFAST

SEPTEMBER 2022

Karnack Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
			Kolache 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
5 Labor Day!	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Pancake/Sausage 7 100% Fruit Juice Fresh Fruit Variety of Milk	Egg/Bacon/Biscuits 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
Whole Grain Cereal /PB&J2 Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Muffin/Sausage 100% Fruit Juice Fresh Fruit Variety of Milk	Chicken/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
Whole Grain Cereal /PB Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Pancake on Stick 100% Fruit Juice Fresh Fruit Variety of Milk	Egg/Bacon Toast 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
Whole Grain Cereal /PB Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Donuts/Sausage 28 100% Fruit Juice Fresh Fruit Variety of Milk	Chicken/Biscuit 29 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk

This institution is an equal opportunity provider.



LUNCH

SEPTEMBER 2022

Karnack Elementary

Monday	Tuesday	Wednesday	Thursday	Friday	
			Beefy Macaroni/Garlic Bread Ranch Beans Garden Salad Mixed Fruit Variety of Milk	Chopped Beef Sandwich Tuna Fish Sandwich Baked Chips BBQ Baked Beans Celery Sticks/Ranch Side Kick Variety of Milk	
5 Labor Day!	Tamales/Beef/Bean Burritos Celery Sticks/Ranch Refried Beans Steamed Corn Diced Peaches Variety of Milk	Salisbury Steak 7 Wheat Rolls Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Variety of Milk	Breaded Beef Sandwich Ranch Beans Sweet Potato Fries Garden Salad Mixed Fruit Variety of Milk	Hamburgers/Burger Salad PB&J Sandwich Oven Fries Celery Sticks/Ranch Side Kick Variety of Milk	
Mandarin Orange Chicken/Fib2 Broccoli/Cheese Glazed Carrots Applesauce Variety of Milk	Walking Dorito Taco/Salsa Refried Beans Steamed Corn Diced Peaches Variety of Milk	Steak Fingers Wheat Rolls Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Variety of Milk	Fried Chicken/Pork Chops Pinto Beans Sweet Potatoes Turnip Greens/Corn Bread Mixed Fruit Variety of Milk	BBQ Rib Patty/PB&J Sandwich 6 Baked Chips BBQ Baked Beans Celery Sticks/Ranch Side Kick Variety of Milk	
Chicken Rings/Rolls Broccoli/Cheese Tater Tots Applesauce Variety of Milk	Chicken Fajitas Lettuce & Tomato Cup Refried Beans Steamed Corn Diced Peaches Variety of Milk	Chicken Strips Wheat Rolls Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Variety of Milk	Beefy Spaghetti/Garlic Breac 22 Ranch Beans Garden Salad Mixed Fruit Variety of Milk	Pepperoni Pizza 23 PB&J Sandwich Oven Fries Celery Sticks/Ranch Side Kick Variety of Milk	
Popcorn Chicken/Rolls Broccoli/Cheese Glazed Carrots Applesauce Variety of Milk	Beefy Taco/Salsa Lettuce & Tomato Cup Refried Beans Steamed Corn Diced Peaches Variety of Milk	Meatloaf/Salisbury Steak Wheat Rolls Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Variety of Milk	Chili Dogs Chili w/Fritos Green Peas Tater Tots Mixed Fruit Variety of Milk	Turkey/Cheese Sandwich PB&J Sandwich Baked Chips Celery Sticks/Ranch Side Kick Variety of Milk	

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Menu Subject to Change