



Serena Hills, Heather Hill & Flossmoor Hills August/September 2017 Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 21	August 22	August 23	August 24 Cold Cereal* Graham Crackers* 100% Juice Milk	August 25 Cold Cereal* Graham Crackers* 100% Juice Milk
August 28 Cold Cereal* Graham Crackers* 100% Juice Milk	August 29 Cold Cereal* Graham Crackers* 100% Juice Milk	August 30 Cold Cereal* Graham Crackers* 100% Juice Milk	August 31 Cold Cereal* Graham Crackers* 100% Juice Milk	September 1 Cold Cereal* Graham Crackers* 100% Juice Milk
September 4 Labor Day 	September 5 Cold Cereal* Graham Crackers* 100% Juice Milk	September 6 Cold Cereal* Graham Crackers* 100% Juice Milk	September 7 Cold Cereal* Graham Crackers* 100% Juice Milk	September 8 Cold Cereal* Graham Crackers* 100% Juice Milk
September 11 Cold Cereal* Graham Crackers* 100% Juice Milk	September 12 Cold Cereal* Graham Crackers* 100% Juice Milk	September 13 Cold Cereal* Graham Crackers* 100% Juice Milk	September 14 Cold Cereal* Graham Crackers* 100% Juice Milk	September 15 Cold Cereal* Graham Crackers* 100% Juice Milk
September 18 Cold Cereal* Graham Crackers* 100% Juice Milk	September 19 Cold Cereal* Graham Crackers* 100% Juice Milk	September 20 Cold Cereal* Graham Crackers* 100% Juice Milk	September 21 Cold Cereal* Graham Crackers* 100% Juice Milk	September 22 Cold Cereal* Graham Crackers* 100% Juice Milk
September 25 Cold Cereal* Graham Crackers* 100% Juice Milk	September 26 Cold Cereal* Graham Crackers* 100% Juice Milk	September 27 Cold Cereal* Graham Crackers* 100% Juice Milk	September 28 Cold Cereal* Graham Crackers* 100% Juice Milk	September 29 Cold Cereal* Graham Crackers* 100% Juice Milk

FRUIT AVAILABLE DAILY



* = Whole-grain item

Non-cereal selection may be offered instead of cold cereal

Milk served with breakfast contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

This institution is an equal opportunity employer

Welcome Back!



Flossmoor School District August/September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 21 	August 22	August 23	August 24 Beef Burrito w/ Tortilla Refried Beans Mild Salsa Fresh Pear	August 25 Sausage Pizza Vegetable Juice Broccoli Florets Peach Cup
August 28 French Toast Turkey Sausage Syrup Hash Brown Vegetable Juice Fresh Orange	August 29 Spaghetti & Meatballs Spinach Salad Fresh Banana	August 30 Popcorn Chicken Dinner Roll Corn Fresh Baby Carrots Tropical Fruit Cup	August 31 Grilled Cheese Sandwich+ Vegetarian Baked Beans Red Peppers Fresh Peach	September 1 Early Dismissal
September 4 Labor Day 	September 5 Breaded Chicken Patty Potato Wedges Fresh Baby Carrots Fresh Nectarine	September 6 Beef Burrito w/ Tortilla Black Beans Fresh Celery Sticks Tropical Fruit Cup	September 7 Grilled Cheese Sandwich+ Corn Fresh Baby Carrots Watermelon	September 8 Pepperoni Pizza Spinach Salad Vegetable Juice Tropical Fruit Cup
September 11 Chicken Nuggets Dinner Roll French Fries Baby Carrots Applesauce	September 12 Sloppy Joe Hamburger Bun Vegetarian Beans Red Peppers Fresh Peach	September 13 Pizza Dippers+ Marinara Sauce Spinach Salad Fresh Apple	September 14 Rotisserie Chicken Dinner Roll Mashed Potatoes Green Beans Fresh Pear	September 15 Sausage Pizza Cauliflower Florets Tri Tator Fresh Cantaloupe
September 18 Chicken & Cheese Tacos on Tortillas Refried Beans Mild Salsa Peach Cup	September 19 Rotini w/ Chicken & Marinara Sauce Broccoli Florets Mixed Berry Applesauce	September 20 Early Dismissal	September 21 Waffles Turkey Sausage Hash Browns Vegetable Juice Mandarin Oranges	September 22 Cheese Pizza+ French Fries Fresh Baby Carrots Fresh Plum
September 25 Cheeseburger Tomatoes Pickles French Fries Fresh Nectarine	September 26 BBQ Chicken Dinner Roll Three Bean Salad Fresh Baby Carrots Strawberry Applesauce	September 27 Penne w/ Meatballs & Marinara Sauce Hot Broccoli Fresh Apple	September 28 Chicken Parmesan w/ Marinara Sauce Spinach Salad Dinner Roll Watermelon	September 29 Sausage Pizza Potato Wedges Cauliflower Florets Fruit Cocktail Cup

*=Item contains pork / += Item contains no meat / ^= Item contains fish

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