

SEPTEMBER

F.L.Moffett Menus



Questions or Comments?

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Did you know?

All grains served in the café are whole grains! Whole grains are packed with fiber to keep you full & focused in the classroom!



SFE This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

*VEGETARIAN OPTION AVAILABLE UPON REQUEST.



Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast

3

HAPPY LABOR DAY

4

Breakfast
Breakfast Pizza

Lunch
Grilled Cheese
Beef Fingers/Roll
Steamed Vegetables

5

Breakfast
French Toast Sticks

Lunch
Chicken Tenders/Roll
Juicy Hamburger
Potato Wedges

6

Breakfast
Biscuits & Gravy

Lunch
Cheese Quesadilla
Hot Dog
Charro Beans

7

Breakfast
Mini Blueberry Pancakes

Lunch
Sausage Pizza
Spaghetti/ Meatballs
Peppered Broccoli

10

Breakfast
Fluffy Waffles

Lunch
Cheesy Nachos
Hot Dog
Steamed Vegetables

11

Breakfast
Honey Chicken Biscuit

Lunch
Grilled Cheeseburger
Sun Butter & Jelly Sandwich
Baked Beans

12

Breakfast
Breakfast Pizza

Lunch
Spaghetti/Meatballs
Chicken Alfredo
Steamed Carrots

13

Breakfast
Strawberry Pancakes

Lunch
Ham & Cheese Wrap
Crispy Corn Dog
Steamed Broccoli

14

Breakfast
Egg/Cheese Burrito

Lunch
Chicken Nuggets
Country Fried Steak
Mashed Potatoes

17

Breakfast
Golden Pancakes

Lunch
Juicy Hamburger
Crispy Corn Dog
5 Way Mixed Vegetables

18

Breakfast
Scrambled Eggs/Toast

Lunch
Grilled Cheese
Chicken Nuggets
Steamed Broccoli

19

Breakfast
Breakfast on a Stick

Lunch
Fish Filet
Orange Chicken
Yellow Corn

20

Breakfast
Orange Muffin

Lunch
Juicy Hot Dog
Beef Fingers / Roll
Baked Beans

21

Breakfast
Mini Blueberry Waffles

Lunch
Chicken Sandwich
Cheese Pizza
Crinkle Cut Carrots

24

Breakfast
Breakfast on a Stick

Lunch
Ham & Cheese Sandwich
Grilled Cheeseburger
5 Way Mixed Vegetables

25

Breakfast
Sausage Biscuit

Lunch
Bean & Cheese Burrito
Crispy Corn Dog
Yellow Corn

26

Breakfast
French Toast Sticks

Lunch
Lemon Pepper/Roll
Salisbury Steak/Roll
Peppered Broccoli

27

Breakfast
Scrambled Eggs/Toast

Lunch
Chicken Nuggets/Roll
Cheesy Nachos
Charro Beans

28

Breakfast
Mini Blueberry Pancakes

Lunch
Sausage Pizza
Spaghetti/Meatballs
Steamed Carrots