

BRODHEAD HIGH SCHOOL  
 GRADES 9-12  
 CYCLE MENU  
 September 2017



USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. ALL SANDWICHES ARE ON A 2 OZ. WHOLE GRAIN BUN OR BREAD. SOME RECIPES MAY INCLUDE GROUND TURKEY. SKIM CHOCOLATE OR SKIM WHITE MILK IS PROVIDED DAILY. MENU IS SUBJECT TO CHANGE.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	28 Summer Break	29 Summer Break	30 Summer Break	31 Last day of Summer Break!	1 Peanut butter and Jelly Sandwich Fresh Fruit Salad Carrot and Celery stick pickle spear and sun chips Yogurt cup Choice of Milk
<b>Week 2</b>	4 No School! Labor Day	5 Ham or Turkey sub Fresh veggies and veggie chips Broccoli or pickle Oranges or apples Choice of milk	6 Whole grain Corn Dogs Pineapple & Peaches Roasted Cauliflower or curly fries Whole grain Chocolate chip cookie Choice of milk	7 Grilled Chicken breast of whole grain bun Grapes & mandarin oranges Baked beans and carrots Pasta salad Choice of milk	8 Ravioli Breadsticks Peaches or Apples Sugar snap peas or cucumber slices Choice of milk
<b>Week 3</b>	11 Cheese Pizza Apples and mixed fruit Peas and beets Yogurt cup Choice of milk	12 Chicken nuggets Mandarin oranges or kiwi Broccoli or mashed potatoes and gravy Choice of Milk	13 Scalloped Potatoes and Ham Green beans and Carrots Dinner roll Peas and peaches Choice of milk	14 Cheeseburger on a bun Curly fries and corn Apricots and peas Choice of milk	15 Spaghetti Whole grain breadstick Watermelon & apples Yellow beans or Italian side salad Choice of milk
<b>Week 4</b>	18 Chicken Tenderloins Oranges & Peas Carrots and Brussels sprouts Mashed Potatoes and gravy Choice of milk	19 Burrito Beef/Bean/cheese Apples & Peaches Black beans and yellow beans Chips and salsa Choice of milk	20 Pizza Grapes & strawberries Cauliflower or green beans Choice of milk	21 Beef Noodle Casserole Dinner roll Peaches and fruit cocktail Green beans or side salad Choice of milk	22 Hot ham and cheese on a bun Fruit Salad and Peas Sweet potatoes fries or veggie chips Carrots sticks Choice of milk
<b>Week 5</b>	25 Chicken Quesadilla Wild rice Broccoli and zucchini Mandarin oranges & Pineapple Choice of milk	26 Macaroni and Cheese Strawberries & fruit cocktail Peas and beets Breadstick Choice of milk	27 Chicken Teriyaki Sandwich Peas & Peaches potato Wedges and carrots Fresh greens Choice of milk	28 Taco Pizza Black beans and roasted corn Apples and Mangos Choice of milk	29 Fish Sandwich on a bun Asparagus or coleslaw Blueberries or applesauce Yogurt cup Sun chips Choice of milk