

SEPTEMBER | 2019



Meigs High School Breakfast

USDA is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School Labor Day	3 Egg Omelet Sausage Toast	4 Breakfast Pizza	5 Sausage Gravy & Biscuit	6 Donut Holes
9 Pancake Wrap	10 Egg Patty Sausage Toast	11 Breakfast Pizza	12 Sausage Gravy & Biscuit	13 Donut Holes
16 Bacon, Egg, and Cheese Bosco Stick	17 Egg Omelet Sausage Toast	18 Breakfast Pizza	19 Sausage Gravy & Biscuit	20 Donut Holes
23 Pancake Wrap	24 Sausage, Egg, and Cheese Sandwich	25 Breakfast Pizza	26 Sausage Gravy & Biscuit	27 Donut Holes
30 Bacon, Egg, and Cheese Bosco Stick	1	2	3	4

News

Reminders: Milk, assorted fruit, and 100% juice are offered with every breakfast.

Students must take at least 3 items at breakfast (one being a fruit or vegetable), but are encouraged to take all 4 offered items!

Questions?
Please contact:

Chrissy Musser, SNS
Food Service Director
740-992-6171
Chrissy.musser@meigslocal.org

*Menu subject to change w/o notice

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Meigs High School Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School Labor Day	3 Corn Dog Tater Tots	4 Grilled Chicken over Rice Celery w/ Cream Cheese Breadstick	5 Enter Text Here Beef Fiestada Black Beans	6 Stuffed Crust Pizza Carrots w/ Ranch
9 Chicken Quesadilla Refried Beans	10 Crispy Chicken Sandwich Potato Smiles	11 Macaroni & Cheese Spinach & Strawberry Salad Garlic Toast	12 Steak & Cheese Sub Seasoned Twisty Fries	13 Pizza Calzone Marinara Sauce
16 Bosco Sticks Carrots w/ Ranch	17 Cheeseburger Baked Beans	18 Salisbury Steak Mashed Potatoes & Gravy Hot Roll Sugar Cookie	19 Loaded BBQ Fries Soft Pretzel	20 Mini Corn Dogs Broccoli w/ Cheese
23 Popcorn Chicken Potato Triangle Goldfish Crackers	24 Taco in a Bag Refried Beans Brownie	25 Asian Chicken Stir Fry Rice Fortune Cookie	26 BBQ Rib Sandwich French Fries	27 Personal Pan Pizza Cherry Slushie
30 Stuffed Crust Pizza Succotash	1	2	3	4

News

Breakfast and Lunch are FREE to every student, every day!

It's important for each child to eat both meals daily at school!

Romaine Salad, assorted fruit, and milk are offered with every meal.

Students must take at least 3 items at lunch (one being a fruit or vegetable), but are encouraged to take all 5 offered items!

These entrees are also offered daily:

- Pepperoni Pizza
- Popcorn Chicken Salad
- PB&J
- Ham/Cheese or Turkey/Cheese Sandwich