



# The Journey School SEPTEMBER MENU 2022



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
<b>5</b> No School- Labor Day	<b>6</b> Muffin, String Cheese, Fruit, & Juice  Lunch: Taco in a bag, (meat, cheese, lettuce, tomatoes, olives) Peaches	<b>7</b> Cereal, Banana, Juice, Goldfish bar  Lunch: Sliced Turkey on W/G Bun, Sliced Cheese, Sliced Tomatoes, Mandarin Oranges, Cucumbers	<b>8</b> French Toast Strawberries/grapes & Juice  Lunch: Chicken Nuggets, Bahama Veggie Blend, Watermelon	<b>9</b> English Muffin, Pineapples & Berry Smoothie  Lunch: Hot Dog w/g bun, Baked beans, Oranges
<b>12</b> Bagel, Fruit Smoothie, Peaches  Lunch: Chicken Patty Sandwich, Chef's Blend Veggies, Fruit Cocktail	<b>13</b> Pancakes, Turkey Sausage, pears, Juice  Mashed Potatoes w/Gravy, Meatballs, W/G Roll, Applesauce	<b>14</b> Scone, String Cheese, Pineapple & Juice  Lunch: Taco on W/G Tortilla, Corn, Mandarin Oranges	<b>15</b> Turkey Sausage, Biscuit, Banana & Juice  Lunch: Sweet & Sour Chicken, Cilantro Lime Rice, Broccoli, Mixed Fruit	<b>16</b> Egg, Burrito, Hashbrown Mixed Fruit & Juice  Lunch: Corn Dog, French Fries, Mixed Fruit
<b>19</b> Fruit Smoothie, Nutri grain bar, fruit cocktail  Lunch: Chicken Fajita (onions & peppers), W/G Tortilla, Corn, Peaches	<b>20</b> Pancakes, Turkey Sausage, Applesauce, Juice  Lunch: Fish Sticks, Green beans, Pears	<b>21</b> Muffin, Hard Boiled Egg Mandarin Oranges & Juice  Lunch: Hamburgers on W/G Bun, Chef's Blend Veggies, Pineapple	<b>22</b> French Toast, Turkey Bacon, Strawberries/grapes & juice  Lunch: Pasta Pizza Hot dish, w/g roll, Carrots/Peas, Orange Slices	<b>23</b> Breakfast Pizza, Hashbrown, Mixed Fruit & Juice  Lunch: Turkey Pinwheel, Sunchips, Peppers, Mixed Fruit
<b>26</b> Cereal, Blueberry Smoothie, Peaches  Lunch: Baked Chicken, Mashed Potatoes w/Gravy, W/G Roll, Fruit Cocktail	<b>27</b> Pancakes, Turkey Sausage, pears, Juice  Lunch: ½ Grilled Cheese Sandwich, <del>1</del> Chicken Noodle Soup, Applesauce	<b>28</b> Muffin, Pineapples, String Cheese & Juice  Lunch: Tater Tot Hot dish, W/G Roll, Mandarin Oranges	<b>29</b> Turkey Sausage, Egg, Biscuit, Fresh Fruit & Juice  Lunch: Pizza, Green Beans, Watermelon	<b>30</b> Muffin, Parfait, Banana & Juice  Lunch: Spaghetti w/ ground turkey, Cooked Carrots, Slice of Bread, Clementine

Milk is offered for Breakfast and Lunch Daily (1% or Chocolate) Salad Bar Daily

If you have any questions or concerns about the menu, please contact Shannon ([shannon@thejourneyschool.org](mailto:shannon@thejourneyschool.org))

**“This Institution is an Equal Opportunity Provide”**