



The Journey School

SEPTEMBER MENU 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 No School- Labor Day</p>	<p>5 Muffin, String Cheese, Fruit, & Juice</p> <p>Lunch: Taco in a bag, (meat, cheese, lettuce, tomatoes, olives) Peaches</p>	<p>6 Cereal, Banana, Strawberry Smoothie</p> <p>Lunch: Sliced Turkey on W/G Bun, Sliced Cheese, Sliced Tomatoes, Mandarin Oranges, Cucumbers</p>	<p>7 French Toast Strawberries/grapes & Juice</p> <p>Lunch: Chicken Nuggets, Bahama Veggie Blend, Watermelon</p>	<p>8 English Muffin, Pineapples & Berry Smoothie, Mandarin Orange</p> <p>Lunch: Hot Dog w/g bun, Baked beans, Oranges</p>
<p>11 Bagel, Fruit Smoothie, Peaches</p> <p>Lunch: Chicken Patty Sandwich, Chef's Blend Veggies, Fruit Cocktail</p>	<p>12 Pancakes, Turkey Sausage, pears, Juice</p> <p>Mashed Potatoes w/Gravy, Meatballs, W/G Roll, Applesauce</p>	<p>13 Scone, Smoothie, Pineapple</p> <p>Lunch: Taco on W/G Tortilla, Corn, Mandarin Oranges</p>	<p>14 Turkey Sausage, Biscuit, Banana & Juice</p> <p>Lunch: Sweet & Sour Chicken, Cilantro Lime Rice, Broccoli, Mixed Fruit</p>	<p>15 Egg, Burrito, Hashbrown Mixed Fruit & Juice</p> <p>Lunch: Corn Dog, French Fries, Mixed Fruit</p>
<p>18 Fruit Smoothie, Nutri grain bar, fruit cocktail</p> <p>Lunch: Chicken Fajita (onions & peppers), W/G Tortilla, Corn, Peaches</p>	<p>19 Pancakes, Turkey Sausage, Applesauce, Juice</p> <p>Lunch: Fish Sticks, Green beans, Pears</p>	<p>20 Muffin, Pear & blueberry Smoothie, Mandarin Oranges</p> <p>Lunch: Hamburgers on W/G Bun, Chef's Blend Veggies, Pineapple</p>	<p>21 French Toast, Turkey Bacon, Strawberries/grapes & juice</p> <p>Lunch: Pasta Pizza Hot dish, w/g roll, Carrots/Peas, Orange Slices</p>	<p>22 Breakfast Pizza, Hashbrown, Mixed Fruit & Juice</p> <p>Lunch: Turkey Pinwheel, Sunchips, Peppers, Mixed Fruit</p>
<p>25 Cereal, Blueberry Smoothie, Peaches</p> <p>Lunch: Baked Chicken, Mashed Potatoes w/Gravy, W/G Roll, Fruit Cocktail</p>	<p>26 Pancakes, Turkey Sausage, pears, Juice</p> <p>Lunch: ½ Grilled Cheese Sandwich, 1/4 Chicken Noodle Soup, Applesauce</p>	<p>27 Muffin, Pineapples, String Cheese & Juice</p> <p>Lunch: Tater Tot Hot dish, W/G Roll, Mandarin Oranges</p>	<p>28 Turkey Sausage, Biscuit, Fresh Fruit & Juice</p> <p>Lunch: Pizza, Green Beans, Watermelon</p>	<p>29 Muffin, Parfait, Banana & Juice</p> <p>Lunch: Spaghetti w/ ground turkey, Cooked Carrots, Slice of Bread, Clementine</p>

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 (shannong@thejourneyschool.org)

“This Institution is an Equal Opportunity Provider”