



September 2013



News Release: **Stoutland R-II Schools** breakfast and lunch menu subject to change. Milk served with all meals. Juice served with breakfast. Student may choice cereal or hot meal each day for breakfast.

Mon	Tue	Wed	Thu	Fri
2 No School	3 Egg Omelet Sausage Fruit	4 Biscuit/Sausage Gravy Yogurt Fruit	5 French Toast Sausage Fruit	6 Cereal Yogurt Fruit
9 Muffin Yogurt Fruit	10 Cinnamon Roll Sausage Fruit	11 Biscuit/Sausage Gravy Yogurt Fruit	12 French Toast Sausage Fruit	13 Biscuit/Sausage Gravy Yogurt Fruit
16 Muffin Yogurt Fruit	17 Egg Omelet Sausage Fruit	18 Biscuit/Sausage Gravy Yogurt Fruit	19 French Toast Sausage Fruit	20 Biscuit/Sausage Gravy Yogurt Fruit
23 Muffin Yogurt Fruit	24 Cinnamon Roll Sausage Fruit	25 Biscuit/Sausage Gravy Yogurt Fruit	26 French Toast Sausage Fruit	27 Biscuit/Sausage Gravy Yogurt Fruit
30 Muffin Yogurt Fruit				

Lunch: Grades Pre K-12—Vegetable & Fruit served daily and choice of entrée or peanut butter sandwich

Mon	Tue	Wed	Thu	Fri
2 No School	3 Corn Dog Nachos w/Cheese Corn Cookie/Fruit	4 Burrito Lettuce/Tomatoes Peas Pudding w/Vanilla Wafers	5 Ham Sandwich Chips Carrot Sticks Cookie	(Grandparents Day) 6 Chicken Tenders Mashed Potatoes/Gravy Green Beans/Cole Slaw Brownie/Cake
9 Chicken Sandwich Lettuce/Tomato Carrots Cookie/Fruit	10 Enchilada Salad w/Dressing Peas/Garlic Bread Fruit	11 Sub Sandwich Lettuce/Tomato Chips/Corn Brownie	12 Chicken Tenders Potatoes Green Beans Fruit	13 Pizza Quesadilla Salad w/Dressing Corn Ice Cream
16 Cheeseburger Carrots French Fries Fruit	17 Chicken Rice/Gravy Peas Eggroll/Pineapple	18 Walking Taco Corn Apple Crisp	19 Chicken Tenders Mashed Potatoes/Gravy Green Beans Hot Roll	20 Hot Dog Chips Carrot Sticks Fruit
23 BBQ Pork Sandwich Chips Carrots Fruit Cookie	24 Chicken Fajita Lettuce/Tomato Corn on the Cob Pineapple	25 Spaghetti w/Meat Sauce Peas Garlic Bread Jell-O w/Fruit	26 Chicken Tenders Mashed Potatoes/Gravy Corn on the Cob Fruit	27 Pizza Quesadilla Salad w/Dressing Chips w/Salsa Fruit
30 Philly Steak Sandwich Chips Carrots Fruit				