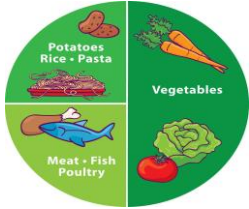




September Breakfast 2018

**ASSEMBLY 'S
CAFETERIA
BREAKFAST
PROVIDES YOU
WITH
MORE FRUITS**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY 3 LABOR DAY NO SCHOOL	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
	Biscuit Sausage Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes Egg Patty Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Ham Patty Jelly Diced Pears Choice of Juice Choice of Milk	French Toast Stick Bacon Syrup Mixed Fruits Choice of Juice Choice of Milk
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Bacon Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Waffles Ham Patty Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	Breakfast Pizza Mixed Fruits Choice of Juice Choice of Milk
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Ham Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes Egg Patty Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Bacon Jelly Diced Pears Choice of Juice Choice of Milk	Breakfast on Stick Syrup Mixed Fruits Choice of Juice Choice of Milk
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
WG Assorted Cereal WW Toast Apple Sauce Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Waffles Egg Patty Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Ham Patty Jelly Diced Pears Choice of Juice Choice of Milk	SUGAR CANE FESTIVAL 

MAKE SURE YOU EAT ALL YOUR FRUITS FOR BREAKFAST!!!

Breakfast Prices September 18 Days
Full Pay- \$1.90 x 18 = \$34.20
Reduced .30 x 18 = \$5.40

Start your Day Off With a Good Breakfast

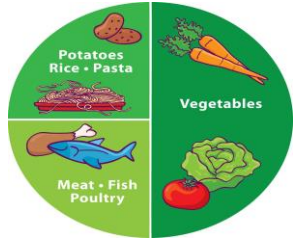
Mozzarella Cheese Stick When Available

MENU'S ARE SUBJECT TO CHANGE

Condiments Available Daily:
 Syrup
 Jelly

SEPTEMBER LUNCH 2018 K - 8 GRADES

Assembly Christian's
Cafeteria Lunches
Provide You With
More Healthier
Choices



Lunch Prices September 18 Days
Full Pay \$2.70 x 18 = \$48.60
Reduced .40 x 18 = \$7.20

LET'S SEE HOW MANY DIFFERENT COLOR
VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach
Romaine, Iceberg, Tomatoes,
Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday
Our Stack of Trim is Lettuce, Tomatoes,
& Pickle Slices

THE GRAINS WE SERVE AT LUNCH ARE
NOW WHITE



YOU ALSO HAVE A VARIETY OF MEATS
SERVED EACH WEEK.

We serve Fruits Daily
Also 100% Fruit Juices

Condiments Available Daily:

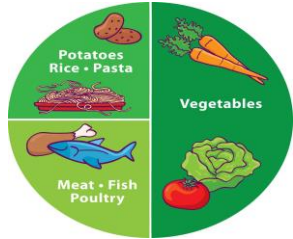
Ranch Fat Free, Regular, Italian
Ketchup, Mustard, B.B. Que Sauce
Mayonnaise : Regular

MENU'S ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DELI SERVES SANDWICHES 1st - 8th & Staff SALADS 7 - 8 & Staff ONLY			
MONDAY 3 LABOR DAY NO SCHOOL 	TUESDAY 4 Red Beans Sausage Rice Cole Slaw Apple Sauce Cornbread Choice of Milk	WEDNESDAY 5 Cheese Burger Bun Potatoes Stack of Trim Fruit Mixed Choice of Milk	THURSDAY 6 Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll Choice of Milk	FRIDAY 7 Beef Pizza Buttered Corn Green Leafy Salad Peaches W G Cookie Choice of Milk
MONDAY 10 Chicken Fried Steak Mashed Potatoes w/ Gravy Glazed Carrots Green Leafy Salad Peaches Dinner Roll Choice of Milk	TUESDAY 11 Chicken Stew Brown Rice White Beans Green Leafy Salad Apple Sauce Dinner Roll Choice of Milk	WEDNESDAY 12 Hot Dog Chili Potatoes Cucumber/Tomatoes Sliced Pears Choice of Milk	THURSDAY 13 Pork & Sausage Jambalaya Carrots Green Leafy Salad Pears Dinner Roll Choice of Milk	FRIDAY 14 E B M Pizza Buttered Corn Green Leafy Salad Peaches W G Cookie Choice of Milk
MONDAY 17 Chicken Tenders Macaroni & Cheese Green Beans Green Leafy Salad Peaches WW Dinner Roll Choice of Milk	TUESDAY 18 Pork Stew Brown Rice Corn Green Leafy Salad Apple Sauce WW Dinner Roll Choice of Milk	WEDNESDAY 19 Sloppy Joe Bun Potatoes Baby Carrots Fruit Mix Choice of Milk	THURSDAY 20 Shrimp Stew Rice Green Beans Green Leafy Salad Pears WW Dinner Roll Choice of Milk	FRIDAY 21 Pepperoni Pizza Buttered Corn Green Leafy Salad Peaches Cookie Choice of Milk
MONDAY 24 Salisbury Steak Mashed Potatoes w/ Gravy Peas & Carrots Green Leafy Salad Peaches Dinner Roll Choice of Milk	TUESDAY 25 Beef Stew Rice White Beans Green Leafy Salad Apple Crisp Choice of Milk	WEDNESDAY 26 Hamburger Bun Potatoes Stack of Trim Fruit Mix Choice of Milk	THURSDAY 27 Pig in Blanket Potatoes Cucumbers/Tomatoes Pears Choice of Milk	FRIDAY 28 SUGAR CANE FESTIVAL 

SEPTEMBER LUNCH 2018 9 - 12 GRADES

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