

## September Breakfast

Monday	Tuesday	Wednesday	Thursday	Notes
		1 Yogurt & Granola or Cereal Fruit & Juice Bar Milk	2 Sausage Biscuit & Gravy Fruit & Juice Bar Milk	9/6- NO SCHOOL
6 Labor Day- NO SCHOOL	7 Banana Bread Fruit bar & Juice Milk	8 Sausage Pancake To-Go Fruit & Juice Bar Milk	9 Breakfast Pizza Fruit bar & Juice Milk	Chef's Quote of the Month  Never go to the store hungry.
13 Bacon & Eggs Toast Fruit & Juice Bar Milk	14 French Toast w/ Syrup or Cereal *Syrup Fruit bar & Juice Milk	15 Egg Biscuit Fruit bar & Juice Milk	16 Cereal String Cheese Fruit bar & Juice Milk	
20 Biscuits & Gravy Fruit & Juice Bar Milk	21 Cereal String Cheese Fruit bar & Juice Milk	22 Yogurt & Granola Fruit & Juice Bar Milk	23 Pancakes & Syrup Fruit bar & Juice Milk	
27	28	29	30	Any questions, please call or email Chef Mayo at (928)692-0013 Ext. 209 Email: amayo@hesd.net
<h1 style="font-size: 2em;">Fall Break</h1>				


There will be two types of milk offered.  
Breakfast: Skim and 1% White  
Lunch: 1% White and Fat Free Chocolate

"This institution is an equal opportunity provider."

\*Menu is subject to change as needed

HESD #3 SY 21/22

## September Lunch

Monday	Tuesday	Wednesday	Thursday	Notes
		1 Crispy chicken Sandwich French Fries Peaches & Vegetable Bar Milk	2 Pizza Green Beans Apple Sauce & Vegetable Bar Milk	9/6- Labor Day, NO SCHOOL 9/27-10/7; NO SCHOOL
6 Labor Day	7 Tacos Pinto Beans Fruit & Vegetable Bar Milk	8 Bacon Cheese Burger French Fries Fruit & Vegetable Bar Milk	9 Baked Pasta Seasoned Green Beans Fruit & Vegetable Bar Milk	Any questions, please call or email Chef Mayo at (928)692-0013 Ext. 209 Email: amayo@hesd.net
13 Mustang Bowl Corn & Mashed Potatoes Fruit & Vegetable Bar Milk	14 Quesadilla Pinto Beans Fruit & Vegetable Bar Milk	15 Cheese Burger French Fries Fruit & Vegetable Bar Milk	16 Pizza Steamed Broccoli Fruit & Vegetable Bar Milk	
20 Orange Chicken Brown Rice Broccoli Florets Milk	21 Nachos Refried Beans Fruit & vegetable Bar Milk	22 Salisbury Steak Mashed Potatoes Brown Gravy Fruit & Vegetable Bar Milk	23 Spaghetti & Meatballs Seasoned Green Beans Fruit & Vegetable Bar Milk	
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