



Clear Fork High/Middle School Menu September, 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Sept 5 LABOR DAY</p> 	<p align="center">6 Breakfast: Pop Tarts</p> <p align="center">Lunch: French Toast Sausage Links Potato Triangles Orange Juice Milk</p>	<p align="center">7 Breakfast: Apple or Cherry Frudel</p> <p align="center">Lunch: Deli Sub Lettuce, Tomato, Pickle, Onion Tater Tots Applesauce Milk</p>	<p align="center">8 Breakfast: Pancake Wrap</p> <p align="center">Lunch: Beefy Cheese Nachos Lettuce, Salsa, Sr Cream, Jalapenos Corn / Black Beans Sorbet Cup Milk</p>	<p align="center">9 Breakfast: Mini Pancakes</p> <p align="center">Lunch: Pizza Caesar Salad Apple Milk</p>
<p align="center">12 Breakfast: Cereal & String Cheese</p> <p align="center">Lunch: Chicken Patty on Bun Glazed Carrots Peaches Milk</p>	<p align="center">13 Breakfast: Snackenwaffle</p> <p align="center">Lunch: Pizza Sub Tater Tots Pears Milk</p>	<p align="center">14 Breakfast: Omelet & Apple Muffin Bread</p> <p align="center">Lunch: Bosco Sticks w Sauce Steamed Broccoli / Green Beans Pineapple Milk</p>	<p align="center">15 Breakfast: Bagel & Cream Cheese</p> <p align="center">Lunch: Taco Salad OR 2 Beef Soft Tacos w Cheese, Salsa, Sr Cream, & Shredded Lettuce Refried Beans Mixed Fruit Milk</p>	<p align="center">16 (Early Dismissal 1:00) Breakfast: Apple Muffin</p> <p align="center">Lunch: Pepperoni Calzone Tossed Salad Orange Milk</p>
<p align="center">19 Breakfast: Yogurt & Goldfish Grahams</p> <p align="center">Lunch: Chicken Nuggets Roll w Margarine Corn / 3 Bean Salad Raisins Milk</p>	<p align="center">20 Breakfast: Cocoa Bar & String Cheese</p> <p align="center">Lunch: Macaroni & Cheese Roll w Margarine Steamed Broccoli / Green Beans Applesauce Milk</p>	<p align="center">21 Breakfast: Cinnamon Roll</p> <p align="center">Lunch: Sloppy Joe Tater Tots Carrot & Celery Stix w Ranch Sorbet Cup Milk</p>	<p align="center">22 Breakfast: Bacon & Egg Breakfast Pizza</p> <p align="center">Lunch: Lasagna Roll Up Breadstick Tossed Salad Peaches Milk</p>	<p align="center">23 Breakfast: Apple Turnover</p> <p align="center">Lunch: Pizza Caesar Salad Apple Milk</p>
<p align="center">26 Breakfast: Hard Boiled Egg & Apple Muffin Bread</p> <p align="center">Lunch: 2 Hot Dogs Tater Tots Pears Milk</p>	<p align="center">27 Breakfast: Glazed Donut</p> <p align="center">Lunch: CF Chicken Bowl Biscuit Pineapple Milk</p>	<p align="center">28 Breakfast: Sausage Breakfast Pizza</p> <p align="center">Lunch: Cheeseburger Deluxe French Fries Mixed Fruit Milk</p>	<p align="center">29 Breakfast: Mini Cinnis</p> <p align="center">Lunch: Sweet & Sour / General Tso Chicken Oriental Vegetables Steamed Rice Mandarin Oranges Fortune Cookie Milk</p>	<p align="center">30 Breakfast: Donut Hole & String Cheese</p> <p align="center">Lunch: Chicken Quesadilla Lettuce, Salsa, Sr Cream, Jalapenos Corn / Black Beans Apple Milk</p>

***Breakfast includes milk and choice of fruit or 100% fruit juice**

***Accessing your Child's Cafeteria Account* If want to know your child's cafeteria account balance, see what they are purchasing, or make payments to the account using a bank card or electronic check, sign up today for "PAY FOR IT" on our district website www.clearfork.k12.oh.us**

***Menu may change due to availability of products. "Offer vs. Serve" is a provision of the National School Lunch Program that allows students to refuse up to two items of the lunch menu and one item from the breakfast menu. If a child refuses one or two items the full price is still charged, therefore we encourage students to take the full meal. Lunch Prices are: Elementary School = \$2.50; Middle School = \$2.75; High School = \$3.00 Adults = \$3.00. Breakfast prices are: Elementary School = FREE; Middle School = \$1.50; High School = \$1.50.**

"This institution is an equal opportunity provider and employer"