

September 2019

Three Forks Schools

Monday

No School

2

Tuesday

Breakfast
Sausage Egg McMuffin

Hot Cereal
Lunch
Chili
Cinnamon Rolls
Applesauce

3

Wednesday

Breakfast
French toast Stix

Bacon
Cold Cereal
Lunch
Hot Dog or Chili Dog
Chips
Fruit

4

Thursday

Breakfast
Ham & Egg Crossiant

Hot Cereal
Lunch
Cluckers
Fixins
Tater Tots
Fruit

5

Friday

Breakfast
Donuts

Cold Cereal
Lunch
Walking Taco
Fixins
Fruit

6

Breakfast
Breakfast Pizza

Cold Cereal
Lunch
Spaghetti w/ Meatsauce
Corn
Garlic toast
Fruit

9

Breakfast
Biscuit & gravy

Hot Cereal
Lunch
Chicken Strip Wrap
Fixins
Fruit

10

Breakfast
French toast Stix

Bacon
Cold Cereal
Lunch
Hamburger
Frech Fries
Fruit

11

Breakfast
Sausage Egg Crossiants

Hot Cereal
Lunch
Just Like "KFC" Bowls
Biscuit
Fruit

12

Breakfast
Pancake Wraps

Cold Cereal
Lunch
Slopp Joe's
Baked Beans
Coleslaw
Fruit

13

Breakfast
Bagels

Cold Cereal
Lunch
Hawaiian Haystacks
Fixins
Fruit

16

Breakfast
Sausage Egg McMuffin

Hot Cereal
Lunch
Chicken Quesadillas
Salad Mix
Fruit

17

Breakfast
French toast Stix

Bacon
Cold Cereal
Lunch
Turkey Bacon Subs
Chips
Fruit

18

Breakfast
Ham & Egg Crossiants

Hot Cereal
Lunch
Ravioli Bake
Italian Dinkers
Green Beans
Fruit

19

Breakfast
Breakfast Burritos

Cold Cereal
Lunch
Pizza
Salad Mix
Fruit

20

Breakfast
Pancake Wraps

Cold Cereal
Lunch
Alaska Pollock Fish Stix
Scalloped Potatoes
Peas & Carrots
Fruit

23

Breakfast
Biscuits & Gravy

Hot Cereal
Lunch
Soft Shelled Tacos
Fixins
Refried Beans
Fruit

24

Breakfast
French toast Stix

Bacon
Cold Cereal
Lunch
Cornndog
Chips
Fruit

25

Breakfast
Sausage Egg Cossiants

Hot Cereal
Lunch
BBQ Riblet Sandwich
Tater Tots
Fruit

26

No School

27

Breakfast
Breakfast Pizza

Cold Cereal
Lunch
Chicken Alfredo
Steamed Veggies
Fruit

30

Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.

Salad Bar

Is offered to students
3rd Grade and Up!
With any menu choice
Romain Lettuce
Caesar Salad
Spinach & Coleslaw Salads
Cottage Cheese
Veggies
Fruit

Soup Pots are for 6th Grade & Up

Meal Prices

BREAKFAST
K-12 \$2.50
LUNCH
K-5th Grade \$2.50
6th - 12th Grade \$2.75
Adults \$3.50

Sandwich Bar

Elementary
Monday - Ham & Cheese
Tuesday - Tuna & Cheese
Wednesday - PB & Jelly
Thursday - Turkey & Cheese

Roast Beef, Turkey, Ham
Tuna & Egg Salad
Whole Grain Bread Choices
Assorted Topping & Cheeses

Menu subject to change
Notice given when possible