



SEPTEMBER 2023

DONALD E. SCHICK ELEMENTARY SCHOOL

*FREE BREAKFAST & LUNCH FOR ALL STUDENTS!
BREAKFAST INCLUDES FRUIT AND/OR FRUIT JUICE
AND 1% OR SKIM MILK
LUNCH INCLUDES A VARIETY OF FRUITS & VEGGIES
AND FLAVORED AND UNFLAVORED MILK CHOICES

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY LABOR DAY!
SEE YOU TOMORROW!



5
SUPER CEREAL CUP OR
CHOCOLATE CHIP MUFFIN TOP
*POPCORN CHICKEN & BREAD STICK
*BERRY-LICIOUS YOGURT PARFAIT
*PBJ
*KID SUPER CHEF SALAD BOWL
*POTATO SMILES/BABY CARROTS
*JUICY PEACHES *MILK CHOICE

6
SUPER CEREAL CUP OR
FRENCH TOAST STICKS
*CHEESEBURGER/VEGGIE BURGER
*PIZZA PARTY MUNCHABLE
*PBJ
*KID SUPER CHEF SALAD BOWL
*BAKED BEANS/BROCCOLI DIPPERS
*APPLESAUCE *MILK CHOICE

7
SUPER CEREAL CUP OR
EGGO WAFFLE
*CHICKEN TENDERS & ROLL
*TACO NACHO DUNKERS
*PBJ
*KID SUPER CHEF SALAD BOWL
*CRISPY FRIES/CELERY STIX
*SWEET PEAR CUP *MILK CHOICE

8
SUPER CEREAL CUP OR
BREAKFAST RING
*CHEESY PIZZA
*YOGURT POWER PACK
*PBJ
*KID SUPER CHEF SALAD BOWL
*GARDEN SALAD/BABY CARROTS
*APPLE SLICES *MILK CHOICE

11
SUPER CEREAL CUP OR
MAPLE PANCAKES
*CHICKEN NUGGETS/WARM BISCUIT
*TURKEY & CHEESE FUN BENTO BOX
*PBJ
*FARMER'S MARKET SALAD BOWL
*BROCCOLI/CUCUMBER WHEELS
*MANDARIN ORANGES *MILK CHOICE

12
SUPER CEREAL CUP OR
BLUEBERRY MUFFIN
*MAX CHEESE STIX & MARINARA
*JUST PEACHY YOGURT PARFAIT
*PBJ
*FARMER'S MARKET SALAD BOWL
*MIXED VEGGIES/BABY CARROTS
*TROPICAL PINEAPPLE *MILK CHOICE

13
SUPER CEREAL CUP OR
CINNAMON TOAST CRUNCH BAR
*ULTIMATE NACHOS!
*PIZZA PARTY MUNCHABLE
*PBJ
*FARMER'S MARKET SALAD BOWL
*GOLDEN CORN/CELERY STIX
*WATERMELON! *MILK CHOICE

14
SUPER CEREAL CUP OR
APPLE FRUDEL
*CRISPY CHICKEN SANDWICH
*TACO NACHO DUNKERS
*PBJ
*FARMER'S MARKET SALAD BOWL
*TATER TOTS/BROCCOLI DIPPERS
*BANANA *MILK CHOICE

15
SUPER CEREAL CUP OR
PANCAKE POP-EMS
*PIZZA WEDGE
*YOGURT POWER PACK
*PBJ
*FARMER'S MARKET SALAD BOWL
*CHICKA CHICKA SALAD/CARROTS
*APPLESAUCE *CHOICE OF MILK

18
SUPER CEREAL CUP OR
BANANA BREAD
*CRISPY CHICKEN STIX & ROLL
*TURKEY & CHEESE FUN BENTO BOX
*PBJ
*KID SUPER CHEF SALAD BOWL
*GREEN BEANS/ZUCCHINI SPEARS
*JUICY PEACHES *CHOICE OF MILK

19
SUPER CEREAL CUP OR
CHOCOLATE CHIP MUFFIN TOP
*HAM & CHEESE MELT
*BERRY-LICIOUS YOGURT PARFAIT
*PBJ
*KID SUPER CHEF SALAD BOWL
*SWEET POTATO FRIES/CARROTS
*FROSTY FRUIT CUP! *MILK CHOICE

20
SUPER CEREAL CUP OR
FRENCH TOAST STICKS
*CRISPY FISH STIX & HUSH PUPPIES
*PIZZA PARTY MUNCHABLE
*PBJ
*KID SUPER CHEF SALAD BOWL
*EMOJI TATERS/BROCCOLI
*SWEET PEAR CUP *MILK CHOICE

21
SUPER CEREAL CUP OR
EGGO WAFFLE
*LITTLE LANCER TURKEY SUB &
FRUIT SNACK!
*TACO NACHO DUNKERS *PBJ
*KID SUPER CHEF SALAD BOWL
*HUMMUS DIP/VEGGIE DIPPERS
*APPLESAUCE *MILK CHOICE

22
SUPER CEREAL OR
BREAKFAST RING
*MINI PIZZA POCKETS
*YOGURT POWER PACK *PBJ
*KID SUPER CHEF SALAD BOWL
*GARDEN SALAD/BABY CARROTS
*APPLE SLICES *MILK CHOICE

25
SUPER CEREAL CUP OR
MAPLE PANCAKES
*POPCORN CHICKEN & BREAD STICK
*TURKEY & CHEESE FUN BENTO BOX
*PBJ
*FARMER'S MARKET SALAD
*GOLDEN CORN/CUCUMBER WHEELS
*TROPICAL PINEAPPLE *MILK CHOICE

26
SUPER CEREAL CUP OR
BLUEBERRY MUFFIN
*CHEESEBURGER/VEGGIE BURGER
*JUST PEACHY YOGURT PARFAIT
*PBJ
*FARMER'S MARKET SALAD BOWL
*CRISPY FRIES/BROCCOLI SALAD
*MANDARIN ORANGES *MILK CHOICE

27
SUPER CEREAL CUP OR
CINNAMON TOAST CRUNCH BAR
*FRENCH TOAST STICKS & SAUSAGE
*PIZZA PARTY MUNCHABLE
*PBJ
*FARMER'S MARKET SALAD BOWL
*POTATO TRIANGLE/BABY CARROTS
*MIXED FRUIT CUP *MILK CHOICE

28
SUPER CEREAL CUP OR
APPLE FRUDEL
*HOT DIGGITY DOG
*NACHO DUNKERS
*PBJ
*FARMER'S MARKET SALAD
*ROASTED BROCCOLI/CELERY STIX
*STRAWBERRY CUP *MILK CHOICE

29
SUPER CEREAL CUP OR
PANCAKE POP-EMS
*PERSONAL PIZZA
*YOGURT POWER PACK *PBJ
*FARMER'S MARKET SALAD BOWL
*CRUNCHERZ! (YUMMY ROASTED
CHICK PEAS)/BABY CARROTS
*APPLESAUCE *MILK CHOICE

QUESTIONS ABOUT OUR MEAL PROGRAM? *MENU SUBJECT TO CHANGE
CONTACT Beth Hufnagel RD LDN FSD 570-323-3211 or bhufnagel@loyalsocklancers.org
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