

SEPTEMBER 2022

Walter B Howard Elementary

This is Equal Opportunity
Provider & Employer
Meals are NOT free to all this year


Monday
Tuesday
Wednesday
Thursday
Friday

5
Labor Day
Menu subject to change
Due to availability

6
BREAKFAST
Warm WG Pop Tart
w/cheese stk.
LUNCH
Corn Dog
BBQ Veggie Beans

7
BREAKFAST
Warm Mini Bagels
LUNCH
Chicken, pepper, onions,
seasoned brown rice
Green Pepper strips /dipping
WELCOME KINDERGARTEN

1
Conference Day
Breakfast in the Classroom

8
BREAKFAST
Warm Muffin
Lunch
Chicken Nuggets
Corn on the Cob

2
Conference Day
Meals are **not** universal free
this year per USDA
**Get your application in for
free/reduced ASAP**

9
Breakfast
Cereal bar or Cereal
Lunch
Cheese Pizza or Veggie Pizza
Romaine Salad

12
Breakfast
Warm Muffin
Lunch
Pasta w/Marinara & cheese stick
Sweet Corn

13
Breakfast
Warm WG Pop Tarts w/cheese stk.
Lunch
Warm Ham & Cheese Wrap
w/Veggies
Roasted Chickpeas

14
Breakfast
Breakfast Wrap
Lunch
Sloppy Joe On a Bun
Green Beans
BOD MTG. 7 p.m.

15
Breakfast
Yogurt w/graham Crackers
Lunch
Chicken Pattie on a bun
Steamed Carrots

16
Breakfast
Cereal Bar
Lunch
Cheese Pizza
& Veggie Pizza
Steamed Broccoli

19
Breakfast
Warm Muffin
Lunch
Taco Wrap
Brown Rice & Veggie

20
Breakfast
Warm Pop Tart w/cheese stk.
Lunch
Spaghetti w/meat sauce
Cooked Carrots

21
Breakfast
Breakfast Sandwich
Lunch
Mashed Potato Bowl
Sweet Corn

22
Breakfast
Yogurt w/graham cracker
Lunch
Hot Dog on a Bun
Chickpea Salad

23
Breakfast
Cereal bar or cereal
Lunch
Cheese Pizza
Steamed Broccoli

26
Breakfast
Bagel w/Cream cheese
Lunch
1/2 Sandwich
w/small salad
Celery Stk w/dipping

27
Breakfast
Warm WG Pop Tart w/cheese stk.
Lunch
Seasoned Chicken
Brown Rice w/veggies
Sweet Corn

28
Breakfast
Hot Breakfast sandwich
Lunch
Chili Nachos
Black Beans

29
Breakfast
Yogurt w/granola
Lunch
Zucchini Lasagna
Romaine Salad

30
Breakfast
Cereal or
Cereal bar
Lunch
Cheese Pizza
Cooked Carrots

ALL Breakfast offers milk, fruit or 100% fruit juice **ALL Lunch** offers veggie, fruit, or 1% white milk or FF chocolate milk
Daily: Peanut butter & Jelly, Sandwich of the day, Tues. & Thurs., Garden Salad Tiger Pack M-W-TH
Get your application from main office or our website. ALL Breakfast/Lunch meals are no longer free to all.
LUNCH \$2.45. BREAKFAST \$1.35 Milk (8oz.) 1% white or Fat Free Chocolate.\$.55 . second lunches \$1.75

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

No charging of snacks unless there is money on students account. Any questions feel free to contact Pat Metzler pmetzler@newlebanoncsd.org , 518-794-7600 ,opt.2 ,opt.7