

SEPTEMBER | 2019



McCracken County High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

LABOR DAY
No School!

3 WG French Toast Sticks w/Sausage Link

Chicken Enchiladas or Cheeseburger
Works Bar/Tater Tots/Broccoli & Cheese/Carrots w/Ranch/Diced Peaches/Fresh Apple

4 Cluck it in a Bucket

Italian Beef or Corn Dog
Tater Tots
Peas & Carrots
Veggie Boat
Apple Sauce/Sidekick

5 Sausage Biscuit & Potato gems

Wing Dings
Mashed Potatoes/Gravy
Green Beans
Sister Shubert Roll
Fruit Choice

6 Biscuit & Gravy Bowl

Pizza Crunchers/Cheeseburger
Seasoned Potato Wedges
Works Bar/ Broccoli Salad
W/Ranch Fruit Choice/Fresh Fruit

9 Bacon, Egg & Cheese Biscuit

Chicken Sandwich
Cheeseburger/Works Bar
Savory Fries
Coleslaw/ Lima Beans
Fruit Choice

10 WG Donut Holes W/Sausage Link

Soft Shell Taco/Seasoned Fries/Works Bar/Cheesy Refried Beans/Mexican Rice/Fresh Cucumbers w/Ranch Applesauce/Sidekicks

11 Cluck it in a Bucket

Cheeseburger/Works Bar
Polish Sausage
Savory Fries
Steakhouse Potato Salad
Sauerkraut
Fruit Choice

12 Sausage Biscuit & Potato Gems

Wing Dings
Savory Fries
Green Beans
Sister Shubert Roll
Fruit Choice

13 Biscuit & Gravy Bowl

Crispito
Tostitos w/Queso
Cheesy Refried Beans
Fiesta Rice/
Whole Kernel Corn
Fruit Choice

16 Tornado & Hashbrowns

Bosco Sticks w/Marinara
Savory Fries
Sweet Yellow Corn
Fresh Tossed Salad
Fruit Choice

17 WG French Toast Sticks w/Sausage Link

Beef Nachos
Tostitos w/Nacho Cheese
Cheesy Refried Beans
Fiesta Corn
Fruit Choice

18 Cluck it in a Bucket

Spaghetti w/Meatballs
Bacon Cheeseburger
Green Beans
Garlic Toast
Caesar Salad
Fruit Choice

19 Sausage Biscuit & Potato gems

Wing Dings
Loaded Mashed Potatoes
Green Peas/Carrots w/Ranch
Sister Shubert Roll
Fruit Choice

20 Biscuit & Gravy Bowl

Personal Pan Pizza
Savory Fries
Whole Kernel Corn
Sliced Tomatoes
Fresh Apple
Diced Peaches

23 Bacon, Egg & Cheese Biscuit

Crispy Chicken & Waffles
Zesty New Potatoes
Green Beans
Fresh Veggie Boat
Fruit Choice

24 WG Donut Holes & Sausage Link

Breakfast for Lunch
Eggs/Sausage Patty
Hash Brown Casserole
Biscuit & Gravy
Sliced Tomatoes/Orange Juice

25 Cluck it in a Bucket

Chicken Alfredo Flatbread
Corn Dog
Sweet Green Peas
Fresh Veggie Boat
Smiley Fries/Fruit Choice

26 Sausage Biscuit & Potato Gems

BBQ Nachos
Refried Beans
Tater Tots
Tossed Salad
Fruit Choice

27 Biscuit & Gravy Bowl

Crispito
Tostitos w/Queso
Cheesy Refried Beans
Fiesta Rice/
Whole Kernel Corn
Fruit Choice

30 Tornado & Hash browns

Bosco Sticks w/Marinara
Savory Fries
Sweet Yellow Corn
Fresh Tossed Salad
Fruit Choice

1 **Peanut Free Kitchen**



3

4

Quote of the Month

*Mistakes are proof
You are trying!*

Fun Facts about September

Birthstone: Sapphire

Flower: Aster

Zodiac signs: Virgo and Libra

Sept 8th Grandparents day

Sept 11th Patriot Day

Breakfast Choices

Assorted WG Pop tarts
Assorted Mini Bagels
Strawberry Smoothies
Strawberry Parfaits
WG Cinnamon Toast
Assorted Milk & Juice

Lunch Choices

Protein Pack
Sub Sandwich
Chef Salads
Pizza Munchable
Assorted Milk

*This institution is an Equal Opportunity Provider

*Menu is subject to change.