



BREAKFAST

SEPTEMBER 2023 YUPIIT SCHOOL DISTRICT

THE MONTH OF BEAUTIFUL
FALL SEASON COLORS

Monday

Tuesday

Wednesday

Thursday

Friday



4
Breakfast Pizza
1 Cup Tropical Fruit
Milk

5
Egg, Sausage & Cheese
On English Muffin
1/2 Cup Pears
1/2 cup Orange Juice
Milk

6
Waffles w/Syrup
1 Cup Mixed Fruits
Milk

7
Scrambled Eggs & Bagel
Turkey Sausage
1/2 Cup Orange Juice
Milk

8
Whole Grain Cereal
1 Cup Peaches
Milk

11
Oatmeal w/Raisins
1 Cup Blueberries
Milk

12
French Toast Sticks
W/Syrup
1/2 Cup Strawberries
1/2 Cup Orange Juice
Milk

13
Egg, Bacon & Cheese
Burrito
1 Cup Mixed Fruit
Milk

14
Toasted Bagel w/
Peanut Butter & Jelly
1/2 Cup Orange Juice
1/2 Cup Applesauce
Milk

15
Blue Berry Muffin Mix
1 Cup Pears
Milk

18
French Toast Sticks
W/Syrup
1 Cup Mixed Fruit
Milk

19
Egg, Sausage & Cheese
Burrito
1/2 Cup Applesauce
1/2 Cup Orange Juice
Milk

20
Scrambled Eggs
Sausage Patty
Toasted Bread
1 Cup Peaches
Milk

21
Breakfast Pizza
1/2 Cup Tropical Fruit
1/2 Orange Juice
Milk

22
Whole Grain Cereal
1 Cup Strawberries
Milk

25
Scrambled Eggs & Bagel
Turkey Sausage
1 Cup Applesauce
Milk

26
Oatmeal w/Raisins
1/2 Cup Blueberries
1/2 Cup Orange Juice
Milk

27
Biscuits & Gravy
Sausage Patty
1 Cup Mixed Fruit
Milk

28
Toasted Bagel w/
Peanut Butter & Jelly
1/2 Cup Tropical Fruit
1/2 Cup Orange Juice
Milk

29
Blueberry Muffin
1 Cup Strawberry
Milk

Food Components/Component Amount Offered Item

1 Cup of Fruit/Vegetable

1 ounce Eq Product

1 Cup Fluid Milk 8 Fluid ounce Unflavored 1% Milk



LUNCH



SEPTEMBER 2023 YUPIIT SCHOOL DISTRICT

You Will Do Great Things Today!!

Monday

Tuesday

Wednesday

Thursday

Friday



4
Tuna Casserole w/ Noodles
Baked Beans
Broccoli w/Cheese sauce
Mandarine Oranges
Milk

5
Nacho Chips w/ground Beef & Cheese Sauce
Salsa
Tater Tots
Fruitcockail
Milk

6
Beef Stroganoff w/ Noodles
Carrots
Pineapple
Milk

7
Tomato Soup
Grilled Cheese Sandwich
Peas
Peaches
Milk

1
Chicken Stir Fry
W/ Brown Rice
Mixed Vegetable Blend
Applesauce
Milk

8
Spaghetti w/Spaghetti Sauce w/Ground Beef
Garlic Bread
Corn
Apricots
Milk

11
Mac & Cheese w/Diced Ham
Broccoli
Peaches
Milk

12
Fish Sticks
Brown Rice
Carrots
Apricots
Milk

13
Hotdog on Bun
Sweet Potato Fries
Baked Beans
Pears
Milk

14
Hamburger on Bun
Tater Tots
Mixed Vegetables
Tropical Fruit
Milk

15
Chicken Stir Fry with Brown Rice
Mixed Vegetable Blend
Applesauce
Milk

18
Tomato Soup
Grilled Cheese Sandwich
Peas
Peaches
Milk

19
Pizza
Garlic Bread
Carrots
Pineapple
Milk

20
Tuna Casserole
Brown Rice
Broccoli w/ Cheese sauce
Mandarine Oranges
Milk

21
Corn Dog
Tater Tots
Baked Beans
Carrots
Applesauce
Milk

22
Shepards Pie & Mixed Vegetables
Mashed Potatoes
Corn Bread
Mixed Fruit
Milk

25
Chicken Nuggets
Baked Beans
Sweet Potato Fries
Tropical Fruit
Milk

26
Nacho Chips w/Ground Beef & Cheese Sauce
Salsa
Tater Tots
Pineapple
Milk

27
Chili w/Ground Beef & Chili sauce
Corn Bread
Green Beans
Mixed Fruit
Milk

28
Fish Sticks
Brown Rice
Carrots
Apricots
Milk

29
Spaghetti w/ Spaghetti Sauce w/Meat Balls
Garlic Bread
Broccoli
Peaches
Milk

SERVING SIZES
Meat: 2oz All Students
Grains: K-8; 8-10oz, 9-12; 10-12oz
Fruits: 1 Cup All Students

Dark Greens: 1/2 Cup All Students
Red/Orange Vegetables: K-8; 3/4 Cup, 9-12; 1 1/4 Cup
Beans: 1/2 Cup All Students

Other Vegetables: K-8; 1/2 Cup, 9-12; 3/4 Cup
Starchy Vegetables: 1/2 Cup All Students