

# SEPTEMBER 2023

## Lummi Nation School

### BREAKFAST



#### School Information:



**September is National Biscuit Month.** Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



#### Labor Day

4

#### No School

Hot & Cold cereal  
Berry Parfaits  
Banana bread  
Bagel w/ cream cheese  
Fresh fruit  
Milk

5

Scrambled eggs w/  
sausage bits & cheese  
Hash browns w/ toast  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit and Milk

6

Waffles w/ strawberry  
cups & sausage link  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

7

Breakfast Burrito: eggs  
potato, chorizo &  
cheese  
Yogurt cup  
Fresh fruit  
Milk

8

French toast  
Sausage link  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

11

Hot & cold cereal  
Yogurt cups  
Donuts  
Bagel w/ cream cheese  
Fresh fruit  
Milk

12

Potato bowl w/ eggs,  
Spam, cheese & toast  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

13

Pancakes w/ sausage  
link  
Applesauce cup  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit and Milk

14

Fish Hash w/ toast  
Hard boiled eggs  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

15

Waffles w/ strawberries  
Sausage link  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

18

Hot or cold cereal  
Berry Parfaits  
Muffins  
Bagel w/ cream cheese  
Fresh fruit  
Milk

19

Scrambled eggs w/  
bacon, hash brown  
Toast  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit and Milk

20

French toast  
Sausage link  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

21

Breakfast fried rice  
Spam, bacon, eggs  
Toast  
Bagel w/ cream cheese  
Fresh fruit and Milk

22

Pancakes on a stick  
Applesauce cup  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

25

Hot or cold cereal  
Berry parfaits  
Cinnamon rolls  
Bagel w/ cream cheese  
Fresh fruit  
Milk

26

Potato bowl, eggs,  
sausage, cheese & toast  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit and milk

27

Waffles w/ strawberry  
cup & sausage link  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

28

Biscuit and Gravy  
Hard boiled eggs  
Yogurt cup  
Bagel w/ cream cheese  
Fresh fruit  
Milk

29

# SEPTEMBER 2023

## Lummi Nation School

### LUNCH



#### School Information:



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



#### Labor Day

4

No School

Pizza or Pretzel w/ cheese  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

5

Chicken strips  
Potato wedges  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

6

Beef Nachos or burrito  
Rice and beans  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

7

Corndogs w/ chips  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

8

Goulash w/ corn  
Dinner roll  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

11

Pizza or Pretzel w/ cheese  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

12

Popcorn chicken  
Mashed potato, squash  
Dinner roll  
Sandwiches  
Salad bar  
Fresh fruit and Milk

13

Sweet & Sour Chicken  
Rice & mixed veggies  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

14

Chicken Burger  
Chips  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

15

Mac & Cheese w/ ham  
Broccoli and a roll  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

18

Pizza or Pretzel w/ cheese  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

19

Oven baked chicken.  
Mashed potatoes & corn on the cob w/a roll  
Sandwiches  
Salad bar  
Fresh fruit and Milk

20

Tomato Soup  
Cheese bread  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

21

Hot Dog w/ chili and chips or Baked potato  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

22

Spaghetti w/ corn  
Garlic bread sticks  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

25

Pizza or Pretzel w/ cheese  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

26

Chicken Nuggets  
Potato wedges w/ a roll  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

27

Teriyaki Chicken  
Rice or noodles w/ mixed veggies  
Sandwiches  
Salad bar  
Fresh fruit and milk

28

Hamburger and chips  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

29