

# Round Lake – Brewster MN

## September 2019 Breakfast & Lunch Menu

### Monday

2  
**No School**

### Tuesday

3  
**Cereal**  
Crispy Chicken Sandwich  
Baked Beans

### Wednesday

4  
**Sausage & Cheese Biscuit**  
Cheeseburger  
Baked Fries

### Thursday

5  
**Cereal**  
Mac n' Cheese w/ Dinner Roll  
Sidekicks Frozen Juice

### Friday

6  
**Long John Donut**  
Chicken Nachos Grande  
Corn

### Breakfast Round

9  
Mini Corn Dogs  
Tater-Tots

### Cereal

10  
Italian Dunkers  
Green Beans

### Sausage Pancake Stick

11  
Sloppy Joe  
Coleslaw

### Cereal

12  
Doritos Walking Taco  
Corn

### Glazed Donut Ring

13  
Popcorn Chicken w/ Bread  
Peas

### Mini Cinnis

16  
Stuffed Crust Cheese Pizza  
Green Beans

### Cereal

17  
Tater Tot Hotdish w/ Bread  
Carrots

### Sausage & Cheese Biscuit

18  
Pork Carnita Sandwich  
Peas

### Cereal

19  
Chicken Soft Shell Tacos  
Corn

### Cinnamon Roll

20  
Hot Dog on Bun  
Baked Fries

### Breakfast Round

23  
Grilled Cheese Sandwich  
Peas

### Cereal

24  
Chicken Nuggets w/ Bread  
Mashed Potatoes w/Gravy

### Sausage Pancake Stick

25  
BBQ Chicken Sandwich  
Carrots

### Cereal

26  
Spaghetti w/Meatsauce w/ Garlic Toast  
Green Beans

### Long John Donut

27  
Taco Fiestada Pizza  
Corn

### Mini Cinnis

30  
Chicken Flatbread  
Green Beans

### \*Please\*

remember to take at least ½ cup fruit & or vegetables for a well balance meal

Be a Food Label Detective:  
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

### Daily Alternate Entrée Option

**Monday & Wednesday**

**PB & J with String Cheese or Yourt**

**Tuesday**

**Ham & Cheese Sub**



**Thursday**

**Italian Sub**

**Friday**

**Turkey & Cheese Sub**

### Breakfast To-Go Offered Daily



- Breakfast Entrée
- 100% Juice and Fruit Choice
- Low-Fat & Skim Chocolate Milk



### Daily Lunch Menu Includes



- Choice of Two Entrees
- Fruit & Vegetable Bar
- Low-Fat & Skim Chocolate Milk