

September 2020

Capps Middle School Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

- Breakfast Entrée
- Apple Cinnamon Muffin
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

2

- Breakfast Entrée
- Cinnamon Glazed French Toast
- Fruit
- Fresh Orange
 - Apple Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

3

- Breakfast Entrée
- Cocoa Puff Cereal Bar w/ Graham Crackers
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

7

8

- Breakfast Entrée
- Sweet Cherry Fudel
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

9

- Breakfast Entrée
- Mini Maple Pancakes
- Fruit
- Fresh Orange
 - Apple Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

10

- Breakfast Entrée
- Mini Cinnamon Rolls
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

14

- Breakfast Entrée
- Chocolate Chip Muffin
- Fruit
- Apple Juice Box
 - Fresh Orange
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

15

- Breakfast Entrée
- Trix Cereal Bar w/ Graham Crackers
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

16

- Breakfast Entrée
- Cocoa Puff Cereal Bar w/ Graham Crackers
- Fruit
- Fresh Orange
 - Apple Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

17

- Breakfast Entrée
- Mini Triple Berry French Toast
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

21

- Breakfast Entrée
- Lucky Charms Cereal w/ Graham Crackers
- Fruit
- Apple Juice Box
 - Fresh Orange
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

22

- Breakfast Entrée
- Apple Cinnamon Muffin
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

23

- Breakfast Entrée
- Mini Blueberry Waffles
- Fruit
- Fresh Orange
 - Apple Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

24

- Breakfast Entrée
- Strawberry Toaster Pastry
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

28

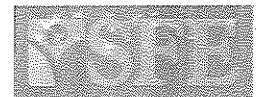
- Breakfast Entrée
- Cinnamon Toast Crunch Cereal Bar w/ Graham Crackers (K-12 O)
- Fruit
- Apple Juice Box
 - Fresh Orange
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

29

- Breakfast Entrée
- Chocolate Chip Muffin
- Fruit
- Fresh Apple
 - Orange Tangerine Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk

30

- Breakfast Entrée
- Cinnamon Glazed French Toast
- Fruit
- Fresh Orange
 - Apple Juice Box
- Milk
- 1% Low Fat White Milk
 - Fat Free White Milk



September 2020

Capps Middle School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

- Lunch Entrée**
- Down Home Chicken & Waffles
 - Turkey Hot Dog
- Vegetables**
- Steamed Crinkle Carrots
- Fruit**
- Fresh Orange
 - Sliced Strawberries
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Pancake Syrup Packet
 - Mustard Packet
 - Ketchup Packet

2

- Lunch Entrée**
- Cheesy Broccoli Baked Potato w/ Biscuit
 - Classic Pepperoni Pizza
- Vegetables**
- Fresh Steamed Broccoli
- Fruit**
- Fresh Apple
 - Sweet Mixed Fruit
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Creamy Ranch Dressing

3

- Lunch Entrée**
- Cheesy Layered Beef Lasagna with Wheat Dinner Roll
 - Grilled Cheeseburger
- Vegetables**
- Seasoned Chuckwagon Beans
- Fruit**
- Fresh Orange
 - Diced Pears
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Mayonnaise Packet
 - Mustard Packet
 - Creamy Ranch Dressing
 - Ketchup Packet

7

8

- Lunch Entrée**
- Beefy Macaroni Marinara w/ Roll
 - Golden Chicken Corn Dog
- Vegetables**
- Garbanzo Beans
 - Spiced Green Beans
- Fruit**
- Fresh Orange
 - Sliced Strawberries
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Mustard Packet
 - Creamy Ranch Dressing
 - Ketchup Packet

9

- Lunch Entrée**
- Homemade Meatloaf w/ WG Roll
 - Baja Seasoned Fish Sticks
- Vegetables**
- Peppered Broccoli Florets
 - Seasoned Mashed Potatoes
- Fruit**
- Fresh Apple
 - Sweet Mixed Fruit
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Savory Beef Gravy
 - Creamy Ranch Dressing
 - Ketchup Packet

10

- Lunch Entrée**
- Classic Cheese Enchiladas
 - Classic Pepperoni Pizza
- Vegetables**
- Steamed Corn
 - Fresh Baby Carrots
- Fruit**
- Fresh Orange
 - Diced Pears
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Creamy Ranch Dressing

14

- Lunch Entrée**
- Ultimate Grilled Cheese w/Tomato Soup
 - Breaded Chicken Patty Sandwich
- Vegetables**
- Fresh Baby Carrots
 - Crinkle Cut Fries
- Fruit**
- Fresh Apple
 - Diced Peach Cup
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Creamy Ranch Dressing
 - Ketchup Packet

15

- Lunch Entrée**
- Beef Nachos
 - Cheesy Nachos
 - Chef Salad
- Vegetables**
- Garbanzo Beans
 - Steamed Mexicorn
 - Fresh Salsa
- Fruit**
- Fresh Orange
 - Sliced Strawberries
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Creamy Ranch Dressing

16

- Lunch Entrée**
- Sweet & Sour Popcorn Chicken w/ Brown Rice
 - Classic Pepperoni Pizza
- Vegetables**
- Fresh Celery Sticks
 - Peppered Broccoli Florets
- Fruit**
- Fresh Apple
 - Sweet Mixed Fruit
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Creamy Ranch Dressing

17

- Lunch Entrée**
- Country Fried Steak w/Roll
 - Breaded Popcorn Chicken w/Roll
- Vegetables**
- Seasoned Mashed Potatoes
- Fruit**
- Fresh Orange
 - Diced Pears
- Milk**
- 1% Low Fat White Milk
 - Fat Free Chocolate Milk
- Misc.**
- Countrystyle Gravy
 - Ketchup Packet

21**Lunch Entrée**

- Beef Ravioli w/ Roll
- Chicken Nuggets

Vegetables

- Fresh Baby Carrots
- Spiced Green Beans

Fruit

- Fresh Apple
- Diced Peach Cup

Milk

- 1% Low Fat White Milk
- Fat Free Chocolate Milk

Misc.

- Creamy Ranch Dressing
- Ketchup Packet

22**Lunch Entrée**

- Ground Beef Soft Flour Tacos
- BBQ Diced Chicken Sandwich

Vegetables

- Fresh Baby Carrots
- Cheesy Mexican Mix Refried Beans
- Fresh Salsa

Fruit

- Fresh Orange
- Sliced Strawberries

Milk

- 1% Low Fat White Milk
- Fat Free Chocolate Milk

Misc.

- Creamy Ranch Dressing

23**Lunch Entrée**

- Orange Chicken w/ Brown Rice
- Classic Pepperoni Pizza

Vegetables

- Fresh Steamed Broccoli

Fruit

- Fresh Apple
- Sweet Mixed Fruit

Milk

- 1% Low Fat White Milk
- Fat Free Chocolate Milk

Misc.

- Creamy Ranch Dressing

24**Lunch Entrée**

- Oven Baked Breaded Chicken w/ Roll
- Grilled Cheeseburger

Vegetables

- Seasoned Mashed Potatoes
- Fresh Baby Carrots

Fruit

- Fresh Orange
- Diced Pears

Milk

- 1% Low Fat White Milk
- Fat Free Chocolate Milk

Misc.

- Mayonnaise Packet
- Mustard Packet
- Savory Chicken Gravy
- Ketchup Packet
- Creamy Ranch Dressing

28**Lunch Entrée**

- Cheese Quesadilla
- Pulled Pork BBQ Sandwich

Vegetables

- Seasoned Charro Pinto Beans

Fruit

- Fresh Apple
- Diced Peach Cup

Milk

- 1% Low Fat White Milk
- Fat Free Chocolate Milk

Misc.

- Sweet BBQ Sauce

29**Lunch Entrée**

- Creamy Macaroni & Cheese
- Golden Chicken Corn Dog

Vegetables

- Spiced Green Beans

Fruit

- Fresh Orange
- Sliced Strawberries

Milk

- 1% Low Fat White Milk
- Fat Free Chocolate Milk

Misc.

- Mustard Packet
- Ketchup Packet

30**Lunch Entrée**

- Breaded Chicken Tenders
- Baja Seasoned Fish Sticks

Vegetables

- Seasoned Mashed Potatoes

Fruit

- Fresh Apple
- Sweet Mixed Fruit

Milk

- 1% Low Fat White Milk
- Fat Free Chocolate Milk

Misc.

- Ketchup Dispenser
- Savory Chicken Gravy

