



BREAKFAST

SEPTEMBER 2023

Sparta School District 140

Kindergarten -8th grade
 Breakfast – FREE
 Lunch – FREE
 Extra milk - \$0.40
 Menu Subject to Change

High School 9-12
 Breakfast – FREE
 Lunch – FREE
 Extra milk – \$0.40
 Adults – \$2.99/\$3.99

High School 9-12
 Breakfast – FREE
 Lunch – FREE
 Extra milk – \$0.40
 Adults – \$2.99/\$3.99

Monday

Tuesday

Wednesday

Thursday

Friday



**LABOR DAY
NO SCHOOL**

Biscuit & Gravy
Or Cereal
Fruit

Cinnamon toast crunch
breakfast bar Or Cereal
Fruit

Mini Donuts
Or Cereal
Fruit

Sausage, Egg, Biscuit
Or Cereal
Fruit

Bacon, Egg, Biscuit
Or Cereal
Fruit

Homemade Donuts
Or cereal
Juice

Bacon, Egg, Biscuit
Or Cereal
Juice

Waffles
Or Cereal
Blueberries

Pancake Nuggets
Or Cereal
Juice

Sausage, Egg, Biscuit
Or Cereal
Fruit

Oatmeal w/toast
Or Cereal w/toast
Peaches

Cheese Omelet w/ hash
brown Or Cereal w/hash
brown
Juice

Homemade Coffee cake
Or Cereal
Blueberries

Blueberry Smoothie
Or Cereal
Juice

Homemade Muffins
Or Cereal
Fruit

Pop-Tart
Or Cereal
Fruit
11:30am Dismissal

Oatmeal w/toast
Or Cereal w/toast
Peaches

Breakfast Pizza
Or Cereal
Juice

Biscuit & Gravy
Or Cereal
Fruit

Breakfast Pizza
Or Cereal
Juice

4

5

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Monday

Tuesday

Wednesday

Thursday

Friday



4
**LABOR DAY
 NO SCHOOL**

5
 Cheeseburger on bun
 Tater Tot
 Baked Beans
 Pear

6
 Chicken Fajitas
 Green beans
 Applesauce

7
 Popcorn Chicken
 Mashed Pot. & Gravy
 Corn
 Peaches

1
 Uncrustable
 Veggies
 Fruit
 Gold Fish
 11:30am Dismissal

8
 Pizza
 Spinach Salad
 Fresh Veggies
 Mix fruit

11
 BBQ Pork Sand.
 Potato Wedges
 Fruit

12
 Tacos
 Spicy Pinto beans
 Oranges

13
 Chicken Nuggets
 Mac & Cheese
 Broccoli
 Apples

14
 Hamburger Helper
 Green beans
 Bread Stick
 Pears

15
 Crispietos
 Carrots
 Cookie
 Peaches

18
 Cheeseburger on bun
 Green beans
 Fruit

19
 Walking Tacos
 Refried beans
 Oranges

20
 Grilled Cheese
 Broccoli
 Applesauce

21
 Chicken and Noodles
 Carrots
 Pears
 Crackers

22
 Pizza
 Corn
 Pineapple

25
 BBQ Rib Sand.
 Carrots
 Apples

26
 Nacho Supreme
 Spicy Pinto beans
 Oranges

27
 Chicken Fajitas
 Corn
 Mix Fruit

28
 Spaghetti
 Green beans
 Garlic Bread Stick
 Fruit

29
 Pizza Crunchers
 Spinach Salad
 Veggies
 Pears

Breakfast and Lunch is FREE! Ala Carte and extra milks are not!