

# SEPTEMBER 2018

# Three Forks School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>No School</b>	4 <b>BREAKFAST</b> Sausage & Egg McMuffin 7-Grain Hot Cereal <b>LUNCH</b> Mexican Haystacks Fixin's Fruit	5 <b>BREAKFAST</b> French Toast Stix/Bacon Cold Cereal <b>LUNCH</b> Cleekers Fixin's Tatertots Fruit	6 <b>BREAKFAST</b> Ham & Egg Croissant 7-Grain Hot Cereal <b>LUNCH</b> Ground Beef Stroganoff Green Beans / Fruit Homemade Roll	7 <b>BREAKFAST</b> Bagels / Cream Cheese Cold Cereal <b>LUNCH</b> Super Oles' Fixin's Fruit
10 <b>BREAKFAST</b> Ham & Cheese Omelette Cold Cereal <b>LUNCH</b> Pizza Pasta Italian Dunkers Corn . Fruit	11 <b>BREAKFAST</b> Biscuits & Gravy 7-Grain Hot Cereal <b>LUNCH</b> Fajita's Fixin's Fruit	12 <b>BREAKFAST</b> French Toast Stix/Bacon Cold Cereal <b>LUNCH</b> Hamburgers Fixin's French Fries Fruit	13 <b>BREAKFAST</b> Breakfast Pizza 7-Grain Hot Cereal <b>LUNCH</b> Three Forks Bean Soup Corn Bread & Honey Fruit	14 <b>BREAKFAST</b> Cake Donuts Cold Cereal <b>LUNCH</b> Chicken Quesadilla Salad Mix Fresh Fruit
17 <b>BREAKFAST</b> Breakfast Burrito Cold Cereal <b>LUNCH</b> Oriental Chicken Rice / Chow Mein Noodle Egg Roll/ Veggies Pineapple / Fortune Cookie	18 <b>BREAKFAST</b> Sausage & Egg McMuffin 7-Grain Hot Cereal <b>LUNCH</b> Sloppy Joes Baked Beans Tatertots Watermelon	19 <b>BREAKFAST</b> French Toast Stix/Bacon Cold Cereal <b>LUNCH</b> Corn Dogs Cheese Stick Chips Veggie Cup/ Fruit	20 <b>BREAKFAST</b> Ham & Egg Croissant 7-Grain Hot Cereal <b>LUNCH</b> "Just Like KFC Bowl" Biscuit Fruit	21 <b>BREAKFAST</b> Bagel / Cream Cheese Cold Cereal <b>LUNCH</b> Pizza Salad Mix Fresh Fruit
24 <b>BREAKFAST</b> Ham & Cheese Omelette Cold Cereal <b>LUNCH</b> Chicken Alfredo California Blend veggies Homemade Roll Fruit	25 <b>BREAKFAST</b> Biscuits & Gravy 7-Grain Hot Cereal <b>LUNCH</b> Chili Famous Cinnamon Roll Applesauce Cup	26 <b>BREAKFAST</b> French Toast Stix/Bacon Cold Cereal <b>LUNCH</b> All Meat Hot Dog Fixin's Gold Fish Crackers Fruit	27 <b>BREAKFAST</b> Breakfast Pizza 7-Grain Hot Cereal <b>LUNCH</b> Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Fruit	28 <b>BREAKFAST</b> Pancake Wrap Cold Cereal <b>LUNCH</b> Pulled Pork Coleslaw / Baked Beans Fruit

## Salad Bar

Is offered to students 3<sup>rd</sup> grade and up!  
With any menu choice  
Romain Lettuce  
Caesar Salad  
Spinach & Coleslaw Salads  
Cottage Cheese  
Veggies  
Fruit

Soup Pots are for 6<sup>th</sup> Grade & up

## Meal Prices

**BREAKFAST**  
K-12 \$2.50  
**LUNCH**  
K-5<sup>th</sup> Grade \$2.50  
6<sup>th</sup> - 12<sup>th</sup> Grade \$2.75  
Adults \$3.50

## Sandwich Bar

Elementary  
Monday - Ham & Cheese  
Tuesday - Tuna & Cheese  
Wednesday - PB & Jelly  
Thursday - Turkey & Cheese

Roast Beef, Turkey, Ham  
Tuna & Egg Salad  
Whole Grain Bread Choices  
Assorted Topping & Cheeses

Menu subject to change  
Notice given when possible

## DID YOU KNOW...

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.