



SEPTEMBER 2023

Belle Plaine CSD

This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day

4

No School

Breaded Pork Chop/Bun
Green Beans
Carrot Sticks
Applesauce
9-12 Cookies & Cream Pudding
Milk

5

Cini Mini/Vanilla Frosting

K-6 Chicken Nuggets,
7-12 Crisitos/Cheese Sauce
K-8 Potato Smiles, 9-12 Tri-tater
Cucumber Slices
Mandarin Oranges
Milk

6

Pancakes/ Fruit Smoothie

Mini Corn Dogs
Corn
Broccoli Florets
Frozen Fruit Cup
6-12 Cheetos
Milk

7

French Toast Sticks/Sausage Patty

Hot Dog/Bun
Baked Beans
Lettuce Salad
Grapes
K-6 Fruit Roll-up, 7-12 Cheese Bites
Milk

1

Long John

Breaded Chicken Patty/WG Bun
Fresh Tomatoes
K-8 Potato Puffs, 9-12 French Fries
Banana
Milk

8

Long John

Beef Burger
Baked Beans
Potato Wedges
Fresh Strawberries
9-12 Craisins
Milk

11

Mini Donuts, Yogurt, Fruit Smoothie

Pizza Cruncher/Marinara Sauce
Pizza Dipper
Lettuce Salad
Grapes
Milk

12

Cini Mini/ Vanilla Frosting

Tater Tot Casserole
Corn
Watermelon
Graham Crackers/Vanilla Frosting
Milk

13

Cereal, Hard Boiled Egg, Smoothie

K-6 Pizza Lunchable
7-12 Italian Turkey Sub
Tomatoes
Carrot Sticks
Apple Slices/Carmel
7-12 Granola Bar
Milk

14

French Toast Sticks/ Sausage Patty

Popcorn Chicken
Mashed Potatoes
Steamed Broccoli
Mandarin Oranges
6-12 Dinner Roll
Milk

15

Long John

Ravioli/Marinara Sauce
Lettuce Salad, Green Beans
Peaches
Garlic Toast
Chocolate Chip Cookie
Milk

18

Cereal, Yogurt, Fruit Smoothie

Grilled Cheese, Cheese Bites
Sweet Potato Fries
Cucumber Slices
Orange Slices
9-12 Cheetos
Milk

19

Cini Mini/ Vanilla Frosting

Pepperoni Pizza
Garlic Stick
Carrot Sticks
Broccoli Florets
Fresh Strawberries
Milk

20

Egg Patties, Sausage Link, Smoothie

Chicken & Noodles
Mashed Potatoes
Peas
Pears
6-12 Dinner Roll
Milk

21

French Toast Sticks/ Sausage Patty

Hamburger/ Bun
6-12 Cheese Slice
Baked Beans, Potato Puffs
Applesauce
9-12 Pumpkin Bars
Milk

22

Long John

Chicken Nachos
(Queso Sauce & Popcorn Chicken)
Lettuce, Tomatoes
Grapes
Rice Krispy Treat
Milk

25

Chicken Drumstick
Mashed Potatoes
Corn
Pineapple Chunks
Dinner Roll
Milk

26

Cini Mini/ Vanilla Frosting

Spaghetti
Cheesy Boat
Green Beans
Apple Slices/ Carmel
Milk

27

Cinnamon Roll, Fruit Smoothie

Cheesy Pull A-part/Marinara Sauce
Carrot Sticks
Applesauce
Rainbow Sherbet
Fruit Juice
Milk

28

French Toast Sticks/ Sausage Patty

Pizza Dippers/ Marinara Sauce
9-12 Little Smokies
Broccoli Florets
Baked Beans
Strawberries & Bananas
Milk

29

Long John

Breakfast served daily with assorted fruit, fruit juice, entrée listed at the bottom of daily lunch menu and milk.
A fruit & vegetable bar offered daily to junior and senior high students.

Free and reduced meal applications are available on our school's website <https://www.belle-plaine.k12.ia.us> or picked up in the school's office.