

SEPTEMBER

Menus From *The Hoot Cafe*



With Carbs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast Will be, but not limited to:</p>	<p><u>-Mini Strawberry Bagel</u> <u>-Pancake Sandwich</u> <u>-Breakfast Bread</u> <u>-Cinni Mini Bagel</u> <u>-French Toast</u></p>	<p><u>-Cinnamon Roll</u> <u>-Cereal Parfait</u> <u>-Apple Frudel</u> <u>-Breakfast Burrito</u></p>	<p><u>-Breakfast Burritos</u> <u>-Donut Holes</u> <u>-Egg & sausage bagel</u> <u>Slice of banana bread</u></p>	 <p>Goodbye August</p>	<p>Bagel Pizza 23g ¹ Oreo Cookie 13g Jr High Option: Nachos 27g</p>	<p><i>*Items may change due to availability*</i></p>
<p>There will always be @ least 4 of the items for breakfast.</p>	<p>No School ⁴</p> 	<p>Goulash 41g ⁵ Garlic Toast 12g Jr High Option: Onion Rings 23g</p>	<p>Walking Tacos 23g ⁶ Brownie 15g Jr High Option: Hamburger 27g</p>	<p>Lasagna Roll-ups 15g ⁷ Side salad 1g Jr. High Option: Taquitos 10g</p>	<p>Pita Pizza 25g ⁸ Sugar Cookie 13g Jr High Option: Cheese Bites 16g</p>	<p>NEW THIS MONTH!!! LOCAL beef jerky In EVERY GRAB-N-GO Owl Meal!!</p>
<p>EVERYDAY BREAKFAST OPTIONS <u>-Poptart</u> <u>-Bowl of Cereal</u> <u>-Cereal Bar</u></p>	<p>Turkey wrap 30g ¹¹ Chips 15g Jr. High Option: Chili dog 33g</p>	<p>Corndog 18g ¹² Apple Crumble 9g Jr High Option: Chicken Sandwich 17g</p>	<p>Noodles w choice of Meaty Spaghetti 26g ¹³ Chicken Alfredo 18g Jr: High Option: Roast Beef Sliders</p>	<p>'Local beef' ¹⁴ Hamburger 27g Raspberry Parfait Jr. High Option: Taco sticks</p>	<p>Stuffed Crust 25g ¹⁵ Choc chip Cookie 13g Jr. High Option: Chimichanga 12g</p>	<p>We have been awarded LOCAL BEEF this year!</p>
	<p>Cheese Ravioli 18g ¹⁸ w/Spaghetti Sauce Garlic Breadstick Jr. High Option: Ham&Cheese Sliders</p>	<p>Chicken Nuggets 9g ¹⁹ Mixed Veggies 10g Jr High Option: Chicken tortilla rollup 8g</p>	<p>Sweet & Sour 20g ²⁰ Chicken 20g Brown Rice 17g Jr High Option: Egg rolls 40g</p>	<p>Breakfast for Lunch: ²¹ Mini Pancake 15g Sausage Patty 1g Hashbrown Patty 12g Jr High Option: Cheese Fries 23g</p>	<p>French Bread ²² Pizza 25g Vanilla Cookies 13g Jr. High Option: Queso Dip 'n' Chips</p>	
<p>Everday Lunch Options <u>-PB&J</u> <u>-Entrée Salad</u> <u>-Grab-N-Go</u> <u>-Owl Meal</u></p>	<p>Hot Dog 29g ²⁵ Tots 14g JR High Option: Meatball Sliders 9g</p>	<p>Pretzels 23g ²⁶ Cheese 15g Brownie 15g Jr. High Option: Mozzerella Sticks 27g</p>	<p>Famous Bowl (like KFC) 33g ²⁷ Jr High Option: Corndog 18g</p>	<p>Sloppy Joe 26g ²⁸ Chips 15g Jr. High Option: Ham and Cheese Hot pocket 37g</p>	<p>Bagel Pizza 23g ²⁹ Oreo Cookie 13g Jr High Option: Turkey Sub Sandwich 26g</p>	 <p>Hello October</p>