

# Sept 7-11

|   |                     |         |           |          |        |
|---|---------------------|---------|-----------|----------|--------|
| 1 | MONDAY<br>No School | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------------|---------|-----------|----------|--------|

**DAILY  
Grab & Go**

**Assorted Cereals, Yogurt Parfaits, Fresh Cut Fruit Cups, House Made Deli Sandwiches and Salads,  
Breakfast Bars, Milk & Juice**

|                                       |                                                                                                                                                |                                                                                                                                                |                                                                                                                                                |                                                                                                                                                |                                                                                                                                                |
|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Daily<br/>Chef's<br/>Feature</b>   | Pasta<br><br>Garlic Bread<br>Sticks                                                                                                            | St Louis Burnt<br>Ends<br><br>Southern<br>Cornbread<br><br>Taco Bar                                                                            | General Tso's<br>Chicken<br><br>Fried Rice<br><br>Baked Potato<br>Bar                                                                          | Tuscan Grilled<br>Chicken<br><br>Roasted Veggies                                                                                               | Mac & Cheese<br>Bar<br><br>Buffalo Chicken<br>Bacon<br>Burnt Ends<br>Roasted Veggies                                                           |
| <b>From<br/>the<br/>Grill</b>         | Cheeseburgers<br><br>Spicy Chicken<br>Sandwiches<br><br>Herb Fried<br>Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken<br>Sandwiches<br><br>Herb Fried<br>Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken<br>Sandwiches<br><br>Herb Fried<br>Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken<br>Sandwiches<br><br>Herb Fried<br>Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken<br>Sandwiches<br><br>Herb Fried<br>Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries |
| <b>Pioneer<br/>Special</b>            | Toasted Ravioli                                                                                                                                | Bacon Grilled<br>Cheese                                                                                                                        | Pretzel w/<br>Cheese                                                                                                                           | Cowboy Nachos                                                                                                                                  | Popcorn Chicken<br>Bowl                                                                                                                        |
| <b>Featured<br/>Grab &amp;<br/>Go</b> | The Hill Salad<br><br>Turkey Club<br>Wrap                                                                                                      | Southwest<br>Chicken Salad<br><br>Chicken Caesar<br>Wrap                                                                                       | Asian Chicken<br>Salad<br><br>Tuscan Deli<br>Wrap                                                                                              | Cesar Chicken<br>Salad<br><br>Buffalo Chicken<br>Wrap                                                                                          | Bernice's Garden<br>Salad<br><br>Big Blue Pioneer<br>Wrap                                                                                      |

**FOOD IN  
FOCUS**

**FSC**

# Sept 14-18

2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## DAILY

### Grab & Go

Assorted Cereals, Yogurt Parfaits, Fresh Cut Fruit Cups, House Made Deli Sandwiches and Salads, Breakfast Bars, Milk & Juice

### Daily Chef's Feature

Classic Lasagna

Garlic Bread Sticks

Cheese Tortellini

Chicken Chimichanga

Spanish Rice

Street Tacos

Chicken Bites

BBQ Grilled Chicken

Baked Potato Bar

Orange Chicken

Fried Rice

Pretzel w/ Cheese

Mac & Cheese Bar

Buffalo Chicken Bacon  
Burnt Ends Chili

### From the Grill

Cheeseburgers

Spicy Chicken Sandwiches

Herb Fried Chicken Club

Grilled Chicken

Hamburger

French Fries

Cheeseburgers

Spicy Chicken Sandwiches

Herb Fried Chicken Club

Grilled Chicken

Hamburger

French Fries

Cheeseburgers

Spicy Chicken Sandwiches

Herb Fried Chicken Club

Grilled Chicken

Hamburger

French Fries

Cheeseburgers

Spicy Chicken Sandwiches

Herb Fried Chicken Club

Grilled Chicken

Hamburger

French Fries

Cheeseburgers

Spicy Chicken Sandwiches

Herb Fried Chicken Club

Grilled Chicken

Hamburger

French Fries  
Mini Pan Pizza

### Pioneer Special

Cannelloni Bites

Fried Cheese Sticks

Grilled Cheese

Cowboy Nachos

Chicken Cordon Bleu Bites

### Featured Grab & Go

The Hill Salad

Turkey Club Wrap

Southwest Chicken Salad

Chicken Caesar Wrap

Asian Chicken Salad

Tuscan Deli Wrap

Cesar Chicken Salad

Buffalo Chicken Wrap

Bernice's Garden Salad

Big Blue Pioneer Wrap

FOOD IN  
FOCUS

FSC

# Sept 21-25

| 3                                                                                                                                                                               | MONDAY                                                                                                                                   | TUESDAY                                                                                                                                  | WEDNESDAY                                                                                                                                | THURSDAY                                                                                                                                 | FRIDAY<br>No School                                                                                                                      |
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| <b>DAILY</b><br><b>Grab &amp; Go</b><br><b>Assorted Cereals, Yogurt Parfaits, Fresh Cut Fruit Cups, House Made Deli Sandwiches and Salads, Breakfast Bars, Milk &amp; Juice</b> |                                                                                                                                          |                                                                                                                                          |                                                                                                                                          |                                                                                                                                          |                                                                                                                                          |
| <b>Daily Chef's Feature</b>                                                                                                                                                     | Chicken Con Broccoli<br><br>Garlic Bread Sticks                                                                                          | St Louis Burnt Ends<br><br>Southern Cornbread<br><br>Street Taco                                                                         | Nashville Hot Chicken & Waffles<br><br>Baked Potato Bar                                                                                  | Santa Fe Grilled Chicken<br><br>Fiesta Rice<br><br>Pulled Pork Sandwich                                                                  | Mac & Cheese Bar<br><br>Buffalo Chicken Bacon<br>Burnt Ends<br>Chili                                                                     |
| <b>From the Grill</b>                                                                                                                                                           | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries |
| <b>Pioneer Special</b>                                                                                                                                                          | Toasted Ravioli                                                                                                                          | Fried Cheese Sticks                                                                                                                      | Grilled Cheese                                                                                                                           | Cowboy Nachos<br>Chicken Bites                                                                                                           | Spicy Chicken Strips                                                                                                                     |
| <b>Featured Grab &amp; Go</b>                                                                                                                                                   | The Hill Salad<br><br>Turkey Club Wrap                                                                                                   | Southwest Chicken Salad<br><br>Chicken Caesar Wrap                                                                                       | Asian Chicken Salad<br><br>Tuscan Deli Wrap                                                                                              | Ceasar Chicken Salad<br><br>Buffalo Chicken Wrap                                                                                         | Bernice's Garden Salad<br><br>Big Blue Pioneer Wrap                                                                                      |

# Sept 28-Oct 2

| 1                                                                                                                                                                               | MONDAY<br>No School                                                                                                                      | TUESDAY                                                                                                                                  | WEDNESDAY                                                                                                                                | THURSDAY                                                                                                                                 | FRIDAY                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DAILY</b><br><b>Grab &amp; Go</b><br><b>Assorted Cereals, Yogurt Parfaits, Fresh Cut Fruit Cups, House Made Deli Sandwiches and Salads, Breakfast Bars, Milk &amp; Juice</b> |                                                                                                                                          |                                                                                                                                          |                                                                                                                                          |                                                                                                                                          |                                                                                                                                          |
| <b>Daily Chef's Feature</b>                                                                                                                                                     | Pasta<br><br>Garlic Bread Sticks                                                                                                         | St Louis Burnt Ends<br><br>Southern Cornbread<br><br>Taco Bar                                                                            | General Tso's Chicken<br><br>Fried Rice<br><br>Baked Potato Bar                                                                          | Tuscan Grilled Chicken<br><br>Roasted Veggies                                                                                            | Mac & Cheese Bar<br><br>Buffalo Chicken Bacon<br>Burnt Ends<br>Roasted Veggies                                                           |
| <b>From the Grill</b>                                                                                                                                                           | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries | Cheeseburgers<br><br>Spicy Chicken Sandwiches<br><br>Herb Fried Chicken Club<br><br>Grilled Chicken<br><br>Hamburger<br><br>French Fries |
| <b>Pioneer Special</b>                                                                                                                                                          | Toasted Ravioli                                                                                                                          | Bacon Grilled Cheese                                                                                                                     | Pretzel w/ Cheese                                                                                                                        | Cowboy Nachos                                                                                                                            | Popcorn Chicken Bowl                                                                                                                     |
| <b>Featured Grab &amp; Go</b>                                                                                                                                                   | The Hill Salad<br><br>Turkey Club Wrap                                                                                                   | Southwest Chicken Salad<br><br>Chicken Caesar Wrap                                                                                       | Asian Chicken Salad<br><br>Tuscan Deli Wrap                                                                                              | Cesar Chicken Salad<br><br>Buffalo Chicken Wrap                                                                                          | Bernice's Garden Salad<br><br>Big Blue Pioneer Wrap                                                                                      |