

September 2022

Morning Sun Elementary

Breakfast - Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Milk Served With All Meals	Cereal/Toast Fruit/Juice Served Daily		Long John Soft Taco Lettuce/Tomato Refried Beans Pineapple Rice Crispy	Breakfast Pizza Sloppy Joe/Bun Potato Wedges Carrots Slushie
5	6	7	8	9n
LABOR DAY	French Toast Sticks Hot Dog/Bun Oven Fries Carrots Applesauce	Egg Patty Taco Burger/Bun Tomato/Lettuce Refried Beans Orange Wedges	Cinni Mini Fish Fillet Tater Tots Coleslaw Bread & Butter Pears	Yogurt/Granola Bar Pizza Tossed Salad Cucumbers Strawberries Cookie Cup
12	13	14	15	16
Muffin Hamburger/Bun Tater Tots Carrots Apple Wedges	Pancake Chicken Quesadilla Corn Tomatoes Mandarin Oranges	Ring Donut Chicken Tetrizzini Tossed Salad Cucumber Garlic Bread Melons	Sausage/Hash Brown Mac & Cheese Meatballs Broccoli Pepper Strips Peaches	Waffle Pork Fritter/Bun Oven Fries Baked Beans Grapes
19	20	21	22	23
Little Smokies Chicken Patty/Bun Potato Wedges Carrots Orange Wedges	Biscuits & Gravy Pasta Dippers Little Smokies Tomatoes Baked Beans Apple Wedges	Long John Stromboli Tater Tots Cucumbers Mandarin Oranges	Breakfast Pizza Ham & Cheese/Bun Lettuce/Tomato Hash Brown Mixed Fruit	French Toast Sticks Pizza Tossed Salad Tomatoes Applesauce Cookie Cup
26	27	28	29	30
Egg Patty Chicken Nuggets Mashed Potato Green Beans Pears	Cinni Mini Meaty Nachos Corn Salsa Orange Wedges Graham Snack	Yogurt/Granola Bar Cheese Breadsticks Tossed Salad Cucumbers Marinara Peaches	Muffin Pulled Pork/Bun Hash Brown Baked Beans Pineapple	Pancake Sloppy Joe/Bun Oven Fries Carrots Watermelon

Menu Subject to Change Without Notice

It is the policy of the Morning Sun Community School not to legally discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact Alaura Rappenecker, Counselor, 319-868-7701 or alaura.rappenecker@mscsd.org