

September 2023

Morning Sun Elementary

Breakfast - Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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Milk Served With All Meals	Cereal/Toast Fruit/Juice Served Daily			Egg Patty ----- Sloppy Joe/Bun Oven Fries Onion Rings Carrots Melon
4	5	6	7	8
LABOR DAY	Granola/Yogurt ----- Hot Dog/Bun Potato Wedges Baked Beans Applesauce	Pancake ----- Orange Chicken Savory Rice Stir Fry Veggies Carrots Orange Wedges	Cinni Mini ----- Hamburger/Bun Lettuce/Tomato Tater Tots Pears	Muffin ----- Pizza Tossed Salad Cucumbers Apple Wedges Cookie Cup
11	12	13	14	15
French Toast Sticks ----- Chicken Tenders Potato Wedges Carrots Orange Wedges	Ring Donut ----- Soft Taco Lettuce/Tomato Refried Beans Pineapple Rice Crispy	Sausage/Hash Brown ----- Chicken Tetrizzini Tossed Salad Cucumber Garlic Bread Strawberries	Biscuits & Gravy ----- Pizza Burger Corn Carrots Apple Wedges	Long John ----- Pork Fritter/Bun Oven Fries Sweet Potato Fries Baked Beans Grapes
18	19	20	21	22
Waffle ----- Chicken Patty/Bun Tater Tots Lettuce/Tomato Carrots Pears	Egg Patty ----- Chicken Quesadilla Corn Tortilla Chips Salsa Mandarin Oranges	Yogurt/Granola ----- Grilled Chicken/Bun Lettuce/Tomato Hash Brown Baked Beans Slushie	Pancake ----- Beef Stick Oven Fries Carrots Orange Wedges	Cinni Mini ----- Pizza Tossed Salad Cucumbers Applesauce Cookie Cup
25	26	27	28	29
Muffin ----- Chicken Nuggets Mashed Potatoes Green Beans Peaches	French Toast Sticks ----- Walking Taco Lettuce/Tomato Refried Beans Pineapple Graham Snack	Ring Donut ----- Pulled Pork/Bun Potato Wedges Carrots Apple Wedges	Sausage/Hash Brown ----- Pasta Dippers Meatballs Baked Beans Peppers Grapes	Biscuits & Gravy ----- Sloppy Joe/Bun Oven Fries Onion Rings Carrots Orange Wedges

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