

What's on the Menu?

Southern University Laboratory School: September Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Labor Day Holiday</p>	<p>5</p> <p>Grits & Sausage Toast Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>6</p> <p>Iced Cinnamon roll Assorted Pop tarts Mozzarella Cheese stick Fresh Fruit 100% Fruit Juice Milk of Choice</p>	<p>7</p> <p>Turkey Ham & Cheese Bagel Melt Assorted Muffins Mozzarella Cheese Stick Fresh Fruit 100% Fruit Juice Milk of Choice</p>	<p>8</p> <p>Closed</p>
<p>11</p> <p>Pancake Donut Bites Strawberry Topping Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>12</p> <p>Sausage Biscuit Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>13</p> <p>Maple Waffles Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>14</p> <p>Scrambled Eggs Grits & Toast Assorted Pop tarts Mozzarella Stick Fresh fruit 100% Fruit juice Milk of choice</p>	<p>15</p> <p>Ham & Cheese Burrito Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>
<p>18</p> <p>Grilled Cheese Sandwich Trix Breakfast Bar Fresh fruit 100% Fruit juice Milk of choice</p>	<p>19</p> <p>Apple Frudel Assorted Pop tarts Mozzarella Stick Fresh fruit 100% Fruit juice Milk of choice</p>	<p>20</p> <p>Pancake Stick Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>21</p> <p>Blueberry Waffles Breakfast Bar Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>22</p> <p>Grits & Sausage toast Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>
<p>25</p> <p>Egg & Cheese McMuffin Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>26</p> <p>Cini Mini Assorted Muffins Yogurt Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>27</p> <p>Chicken Biscuits Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>28</p> <p>Scrambled Eggs Grits & Toast Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>	<p>29</p> <p>Sausage Biscuit Assorted Cereal Fresh fruit 100% Fruit juice Milk of choice</p>



Vegetarian



Locally Grown

All meals served with milk

This institution is an equal opportunity provider.

If you have a food allergy, please notify us.

What's on the Menu?

Southern University Laboratory School: September Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Labor Day Holiday</p>	<p>5</p> <p>Turkey Nachos Fiesta rice Seasoned Corn Mexican pinto beans Fresh fruit Milk of choice</p>	<p>6</p> <p>Navy Beans & Sausage Over Rice Mustard Greens Spicy Chicken Sand. Carrot sticks Fresh Fruit 100% Fruit Juice Milk of Choice</p>	<p>7</p> <p>Sweet & Sour Chicken Stir Fry rice Steamed carrots Cheeseburger Cherry Tomatoes Fresh Fruit Milk of Choice</p>	<p>8</p> <p>Closed</p>
<p>11</p> <p>Chicken & Sausage Jambalaya Fun Lunch Collard Greens Fresh Baby Carrots Fresh fruit Milk of choice</p>	<p>12</p> <p>Turkey Tacos Corndog Mexicali Corn Tossed salad Cherry tomatoes Fresh fruit 100% Fruit juice Milk of choice</p>	<p>13</p> <p>BBQ Chicken Mac & Cheese Baked Beans Chef Salad Fresh Broccoli Fresh fruit Milk of choice</p>	<p>14</p> <p>Pepperoni Pizza Buffalo Chicken Wrap Chef Salad Fresh fruit Carrot & Celery Sticks Milk of choice</p>	<p>15</p> <p>Cheeseburger Chicken Tenders Tater tots Cucumber & tomato Salad Fresh fruit Milk of choice</p>
<p>18</p> <p>Meatballs & Spaghetti Pepperoni Pizza Green Beans Tossed Salad 100% Fruit Juice Fresh fruit Milk of choice</p>	<p>19</p> <p>Turkey Nachos Chicken Ranch Wrap Fiesta rice Mexican Pinto Beans Cherry tomatoes Fresh fruit Milk of choice</p>	<p>20</p> <p>Meatloaf Garlic Mashed Potatoes Dinner roll Spicy Chicken Sand Steamed Carrots Fresh fruit Milk of choice</p>	<p>21</p> <p>Red Beans & Sausage Cheeseburger Mustard Greens Cornbread Fresh fruit Lett & Tomato Salad Milk of choice</p>	<p>22</p> <p>Chicken Nuggets Cheese Pizza Sweet Potato Fries Seasoned corn 100% Fruit Juice Fresh fruit Milk of choice</p>
<p>25</p> <p>Chicken Quesadilla Alfredo Chicken Seasoned Broccoli Lett & Tomato Salad Fresh Fruit 100% Fruit juice Milk of choice</p>	<p>26</p> <p>Pizza Pasta Casserole Garlic Toast Turkey Hot Dog Potato Wedges Fresh fruit Cucumber Sticks Milk of choice</p>	<p>27</p> <p>Chicken & Sausage Gumbo over Rice Pepperoni Pizza Potato Salad Carrot Sticks Fresh fruit Milk of choice</p>	<p>28</p> <p>Sloppy Joe Smiley Face Fries Philly Cheese Steak Lett & Tomato Salad Fresh fruit Milk of choice</p>	<p>29</p> <p>Spicy Chicken Sandwich Smoked Sausage PB French fries Black beans & corn 100% Fruit juice Milk of choice</p>



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SEPTEMBER EVENTS

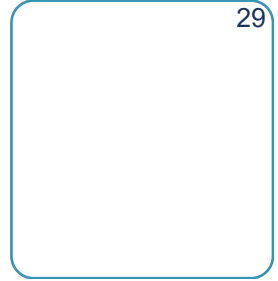
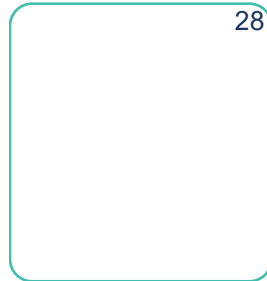
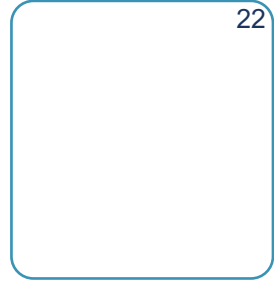
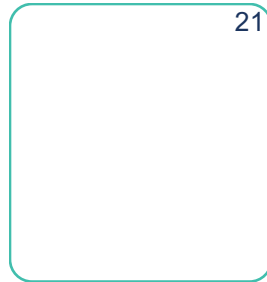
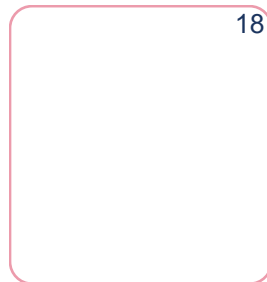
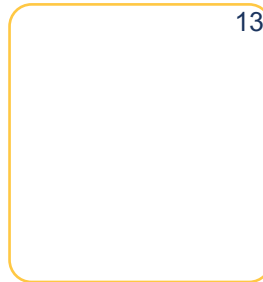
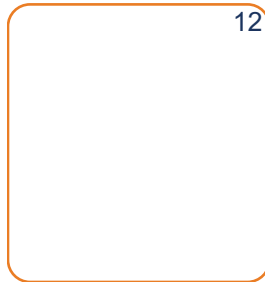
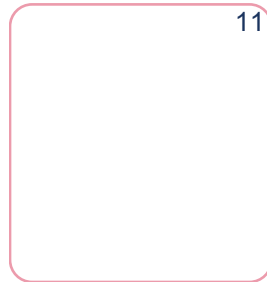
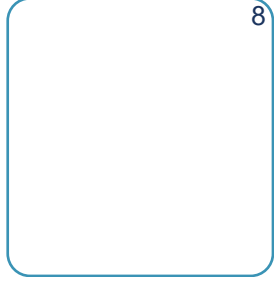
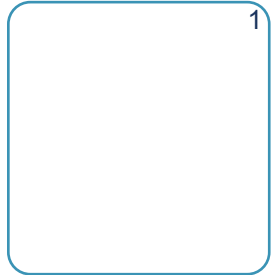
Monday

Tuesday

Wednesday

Thursday

Friday



SOUTHERN LAB

chartwells
serving up happy & healthy