



# Big Foot High School

## Breakfast & Lunch Menu

# September

Make checks payable to: BFHA School Lunch Program

Please put students name in memo box

**DID YOU KNOW THAT YOU CAN PAY ONLINE? GO TO:**

[WWW.bigfoot.k12.wi.us](http://WWW.bigfoot.k12.wi.us) click on resources, e funds or go to:

<https://eps.mvpbanking.com/cgi-bin/efs/login.pl?access=55181>

All Menus are subject to change without notice.

Thanks for your understanding.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>3 BREAKFAST</b> No Breakfast <b>LUNCH</b> 1 BBQ Pork Sandwich 2 Spicy Chicken Sandwich 3 Pizza 4 Grilled Chicken Salad Steamed Broccoli Baked Beans  <i>Fresh Apples</i> <b>All Students First Day</b>	<b>4 BREAKFAST</b> Breakfast pizza <b>LUNCH</b> 1 Domino's Pizza 2 Cranberry Grilled Chicken Salad  <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i> <b>Freshman &amp; New Student Welcome Night</b>	<b>5 BREAKFAST</b> Biscuit, Sausage, Cheese Sandwich <b>LUNCH</b> 1 Walking Taco 2 Pizza 3 Taco Salad  <i>Romaine &amp; Tomatoes</i> <i>Refried Beans</i> <i>Salsa</i> <i>Veggie Tray</i> <i>Chilled Pears</i>	<b>6 BREAKFAST</b> Dutch Waffle Cake <b>LUNCH</b> 1 Spaghetti with meat Sauce, Garlic Bread 2 <b>Italian</b> Meatball Sub 3 Pizza 4 Spicy Chicken Salad  <i>Steamed Carrots</i> <i>Veggie Tray</i> <i>Fresh Apples or Oranges</i>
	<b>9 BREAKFAST</b> Grab-n-Go <b>LUNCH</b> 1 Orange Chicken, WG Rice WG Dinner Roll 2 Cheeseburger on WG Bun 3 Pizza 4 Spicy Chicken Salad Corn Veggie Tray Mandarin Oranges	<b>10 BREAKFAST</b> English Muffin Sandwich <b>LUNCH</b> 1 Mozzarella Dippers 2 Spicy Chicken Sand 3 Pizza 4 Grilled Chicken Salad Steamed Broccoli Baked Beans Veggie Tray <i>Fresh Apples or Oranges</i>	<b>11 BREAKFAST</b> Pancakes Griddle Sandwich  <b>LUNCH</b> 1 Domino's Pizza 2 Cranberry Grilled Chicken Salad  <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i>	<b>12 BREAKFAST</b> Biscuit, Sausage, Cheese Sandwich <b>LUNCH</b> 1 Nacho Supreme 2 Pizza 3 Taco Salad Romaine & Tomatoes Refried Beans Salsa Veggie Tray Chilled Pears
<b>16 BREAKFAST</b> Grab-n-Go <b>LUNCH</b> 1 Chicken Alfredo WG Garlic Toast 2 Cheeseburger on WG Bun 3 Pizza 4 Spicy Chicken Salad  <i>Corn</i> <i>Veggie Tray</i> <i>Mandarin Oranges</i>	<b>17 BREAKFAST</b> English Muffin Sandwich <b>LUNCH</b> 1 Corn Dog Nuggets, WG Dinner Roll 2 Chicken Sandwich 3 Pizza 4 Grilled Chicken Salad  <i>Steamed Broccoli</i> <i>Baked Beans</i> <i>Veggie Tray</i> <i>Fresh Apples or Oranges</i>	<b>18 BREAKFAST</b> Pancakes Griddle Sandwich  <b>LUNCH</b> 1 Domino's Pizza 2 Cranberry Grilled Chicken Salad  <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i>	<b>19 BREAKFAST</b> Biscuit, Sausage, Cheese Sandwich <b>LUNCH</b> 1 Chicken Fajita 2 Pizza 3 Taco Salad Romaine & Tomatoes Refried Beans Salsa Veggie Tray Chilled Pears	<b>20 BREAKFAST</b> Dutch Waffle Cake <b>LUNCH</b> 1 Chicken in Gravy, WG Biscuit 2 <b>Italian</b> Meatball Sub 3 Pizza 4 Spicy Chicken Salad  <i>Steamed Carrots</i> <i>Veggie Tray</i> <i>Fresh Apples or Oranges</i>
<b>23 BREAKFAST</b> Grab-n-Go <b>LUNCH</b> 1 Teriyaki Chicken, Brown Rice/WG Dinner Roll 2 Cheeseburger on WG Bun 3 Pizza 4 Spicy Chicken Salad  <i>Corn</i> <i>Veggie Tray</i> <i>Mandarin Oranges</i>	<b>24 BREAKFAST</b> English Muffin Sandwich <b>LUNCH</b> 1 Mac & Cheese 2 Spicy Chicken Sandwich 3 Pizza 4 Grilled Chicken Salad  <i>Steamed Broccoli</i> <i>Baked Bean</i> <i>Veggie Tray</i> <i>Fresh Apples or Oranges</i>	<b>25 BREAKFAST</b> Pancakes Griddle Sandwich <b>LUNCH</b> 1 Domino's Pizza 2 Cranberry Grilled Chicken Salad  <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i>	<b>26 BREAKFAST</b> Biscuit, Sausage, Cheese Sandwich <b>LUNCH</b> 1 <b>NEW Spanish Fried Rice w/Beef</b> 2 Pizza 3 Taco Salad Romaine & Tomatoes Refried Beans Salsa Veggie Tray Chilled Pears	<b>27 BREAKFAST</b> Croissant Sandwich <b>LUNCH</b> 1 Cowboy Pasta, WG Garlic Bread 2 Chicken Philly Sub on a WG Ciabatta Roll 3 Pizza 4 Spicy Chicken Salad Steamed Carrots Veggie Tray <i>Fresh Apples or Oranges</i>
<b>30 BREAKFAST</b> Grab-n-go  <b>LUNCH</b> 1 Orange Chicken, Br Rice WG Dinner Roll 2 Cheese burger on WG Bun 3 Pizza 4 Spicy Chicken Salad Corn Veggie Tray Chilled Mixed Fruit		<p><b>Welcome Back Chiefs!!</b></p> <p><b>Start your day right. Make Time for Breakfast!</b></p>	<p><i>Eating breakfast has many benefits:</i></p> <ul style="list-style-type: none"> <li>*Reduces fatigue &amp; sleepiness in mid-morning hours.</li> <li>*Helps banish the blues.</li> </ul>	<ul style="list-style-type: none"> <li>*Helps maintain weight. (calories consumed earlier in the day are more efficiently utilized)</li> <li>*Improves concentration.</li> <li>*Helps you function more efficiently.</li> <li>*Generally improves diet (less snacking)</li> </ul>

**Grab & Go Breakfast Serviced Daily**

Key: WG = Whole Grain. Milk Choice includes: 1% White, & Skim Chocolate

**Student Breakfast \$1.95. Student Reduced Breakfast is Free. Paid Student Lunch \$3.00. Student Reduced Lunch .40 Cents.**

All meals include ½ pint of milk. Breakfast is served 7:20 a.m.-7:40 a.m. Monday thru Friday. All Hot breakfast sandwiches have egg & cheese or cheese & meat. Other Breakfast Choice: PBJ, WG Banana Bread, WG Chocolate or Powdered Sugar Donuts, and WG Breakfast Bars, Yogurt, String Cheese are served with Fruit, Fruit Juice and Milk.

**This institution is an equal opportunity provider.**