

# September 2022

# Sentinel School

Monday

Tuesday

Wednesday

Thursday

Friday

## Did you know?

The Romans often associated different months with different gods. September is associated with Vulcan, the Roman god of fire.

**5**  
*Menu is subject to change due to availability of product.*

**6**  
Pop Tart, Cheese Stick, Apple, Fruit Punch Juice, Milk

Beef Patty, Mashed Potato & Gravy, Roll, Corn, Grapes, Milk

**7**  
Waffles, Strawberries, Apple Juice, Milk

Chicken Quesadilla, Pinto Beans, Salsa, Peaches, Milk

**8**  
Egg Patty/Sausage Biscuit, Nectarine, Orange Juice, Milk

Spaghetti w/Meat Sauce, Garden Salad, Garlic Toast, Oranges, Milk

**9**  
French Toast Stick, Cheese Stick, Grapes, Fruit Punch Juice, Milk

Pretzel & Cheese, Carrot Stick, Cucumber Slices, Pears, Milk

**12**  
Granola, Yogurt, Nectarine, Apple Juice, Milk

Beef Nachos, Pinto Beans, Salsa, Pears, Milk

**13**  
Biscuits & Gravy, Grapes, Fruit Punch Juice, Milk

Chicken Nuggets, Oven Fries, Carrot Sticks, Apple Slices, Milk

**14**  
Breakfast Burrito, Peach, Orange Juice, Milk

Beef Taco, Lettuce, Tomato, Spanish Rice, Oranges, Milk

**15**  
Super Donut, Yogurt, Grapes, Apple Juice, Milk

Pizza Stick, Marinara, Green Beans, Peaches, Milk

**16**  
*Milk offered daily at Breakfast & Lunch 1% White or Fat Free Chocolate*

**19**  
Cinnamon Bun, Apple Sauce, Orange Juice, Milk

Pig n Blanket, Sweet Potato Tots, Cucumber Slices, Pears, Milk

**20**  
Pancake Wrap, Strawberries, Apple Juice, Milk

Crispy Chicken Drumstick, Mashed Potato & Gravy, Roll, Green Beans, Nectarine, Milk

**21**  
Scrambled Egg, Toast, Orange, Fruit Punch Juice, Milk

Mandarin Orange Chicken, White Rice, Egg Roll, Broccoli, Pears, Milk

**22**  
Chorizo Burrito, Peach, Orange Juice, Milk

Hot Dog, Pinto Beans, Celery Sticks, Grapes, Milk

**23**  
Tortilla w/Cinnamon & Sugar, Yogurt, Orange, Apple Juice, Milk

Pretzel & Cheese, Carrot Stick, Cucumber Slices, Orange, Milk

**26**  
Cereal, Cheese Stick, Apple, Orange Juice, Milk

Chicken Alfredo, Broccoli, Cucumber slices, Pears, Milk

**27**  
Egg Patty/Sausage Biscuit, Nectarine, Apple Juice, Milk

Chicken Nuggets, Tater Tots, Carrot Sticks, Grapes, Milk

**28**  
Biscuits & Gravy, Grapes, Fruit Punch Juice, Milk

Oven Baked Chicken Drumstick, Pinto Beans, Corn, Roll, Peaches Milk

**29**  
Waffles, Strawberries, Orange Juice, Milk

Cheeseburger, Oven Fries, Lettuce, Tomato, Apple, Milk

**30**  
Super Donut, Yogurt, Pear, Fruit Punch Juice, Milk

Cheese Quesadilla, Pinto Beans, Carrot Sticks, Nectarine, Milk

## School News

09/05/2022

Labor Day

09/06/2022

Football/Volleyball

Wellton @ Dateland

2pm

09/14/2022

Mexican Independence

Day Celebration

@Sentinel School 6pm

09/16/2022

Teacher Inservice

09/21/2022

Football/Volleyball

Dateland @ Wellton

2pm

09/28/2022

Mohawk @ Dateland

2pm

09/30/2022

Football/Volleyball

Tournament @

Mohawk 9:30am

Adult Meal Prices

Breakfast \$2.70

Lunch \$ 4.60

Meals are at no

charge to students

This institution is an

equal opportunity

provider

“Esta entidad es un proveedor que Brinda

Igualdad de

oportunidades”