

# September 2024

# Sentinel School

## Monday



No School

## Tuesday

Biscuits & Gravy,  
Grapes, Fruit  
Punch Juice, Milk

Cheeseburger,  
Lettuce, Tomato,  
Pickles, Sun Chips,  
Watermelon Milk

## Wednesday

Banana Muffin,  
Yogurt, Pears,  
Apple Juice, Milk

Beef Taco, Pinto  
Beans, Spanish  
Rice, Oranges,  
Milk

## Thursday

Breakfast Burrito,  
Apple Slices,  
Orange Juice, Milk

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

## Friday

Cereal, Apple  
Slices, Orange  
Juice, Milk

Uncrustable,  
Goldfish,  
Veggie Sticks,  
Grapes, Milk

French Toast Sticks,  
Apple Slices,  
Orange Juice, Milk

Chicken Tamale,  
Spanish Rice,  
Garden Salad,  
Salsa, Pineapple,  
Milk

Breakfast Burrito,  
Apple Slices,  
Orange Juice, Milk

Chicken Drumstick,  
Mashed Potatoes &  
Gravy, Roll, Green  
Beans,  
Watermelon, Milk

Cinnamon Bun,  
Pear, Fruit Punch  
Juice, Milk

Mandarin Orange  
Chicken, White  
Rice, Broccoli,  
Grapes, Milk

Pancakes,  
Strawberries,  
Apple Juice, Milk

Chicken Tenders,  
Pinto Beans, Tater  
Tots, Apple Slices,  
Milk

Mini Chocolate  
Donuts, Cheese  
Stick, Pears,  
Orange Juice Milk

Pepperoni Pizza,  
Garden Salad,  
Oranges, Milk

Granola, Yogurt,  
Oranges, Fruit  
Punch Juice, Milk

Cheese  
Quesadilla, Pinto  
Beans,  
Strawberries,  
Milk

Scrambled Eggs,  
Toast, Pears,  
Apple Juice, Milk

Chicken Wings,  
White Rice,  
Veggie Sticks,  
Watermelon,  
Milk

Cinnamon Dusted  
Tortilla, Yogurt,  
Strawberries, Apple  
Juice, Milk

Chicken Patty  
Sandwich, French  
Fries, Cucumber  
Slices, Grapes, Milk

Maple Pancake  
Wrap, Oranges,  
Fruit Punch Juice,  
Milk

Macaroni &  
Cheese, Broccoli,  
Roll, Strawberries,  
Milk

Cereal, Apple  
Slices, Orange  
Juice, Milk

Hot Dog, Baked  
Chips, Veggie  
Sticks, Apple  
Slices, Milk

Cinnamon Toast  
Crunch Soft Bar,  
Orange Slices,  
Apple Juice, Milk

Beef Nachos, Pinto  
Beans, Salsa,  
Grapes, Milk

Sausage Egg  
Biscuit, Grapes,  
Orange Juice,  
Milk

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

Pancakes,  
Strawberries,  
Apple Juice, Milk

Mandarin Orange  
Chicken, White  
Rice, Broccoli,  
Pineapple, Milk

Breakfast Pizza,  
Grapes, Fruit  
Punch Juice, Milk

Cheeseburger,  
Lettuce, Tomato,  
Pickles, Sun  
Chips,  
Watermelon, Milk

Banana Muffin,  
Yogurt, Pears,  
Apple Juice, Milk

Grilled Cheese  
Sandwich, Chicken  
Noodle Soup,  
Cucumber &  
Tomato Slices,  
Pears, Milk

Biscuits & Gravy,  
Grapes, Fruit  
Punch Juice, Milk

Popcorn Chicken,  
Tater Tots,  
Cucumber Slices,  
Apples, Milk

## Did you know?

September in the Northern Hemisphere  
is similar to March in the Southern  
Hemisphere.

## School News

09/02/2024

Labor Day  
(No School)

09/04/2024

Boys Football & Girls  
Volleyball Game @  
Mohawk 9am

09/18/2024

Boys Football & Girls  
Volleyball Game @  
Wellton 2pm

09/19/2024

Mariachi Night 6pm

09/25/2024

Picture Day!

&  
Boys Football & Girls  
Volleyball Game @  
Dateland 2pm

## Adult Meal Prices

Breakfast \$3.00

Lunch \$5.00

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

Meals are at no  
charge to students.

Menu is subject to  
change due to  
availability of  
product.

This institution is an  
equal opportunity  
provider.

“Esta entidad es un  
proveedor que brinda  
igualdad de  
oportunidades”

“Free language  
assistance, auxiliary  
aids, and/or  
accommodations are  
available upon  
request.”