

FEED YOUR CREATIVITY WITH A

HEALTHY SCHOOL BREAKFAST



COMPLETE MENUS ONLINE @
WWW.CRENSHAW-SCHOOLS.ORG



LIHQ Connect
ONLINE PORTAL



BREAKFAST-IN-THE-CLASSROOM AUGUST 2023

MENUS SUBJECT TO CHANGE BASED ON AVAILABILITY

AVAILABLE DAILY
MILK
FRESH FRUIT
100% FRUIT JUICE

	MON	TUE	WED	THU	FRI
AUG 8-11		Mini Berry Pancakes Applesauce Cup Grape Juice 100% Syrup Milk	WG Muffin Mixed Fruit Cup Apple Juice 100% Milk	Breakfast Burrito Apple Slices Orange/Pineapple Juice 100% Milk	Breakfast Pizza w/Sausage Orange Slices Apple Juice 100% Milk
AUG 14-18	Breakfast Egg & Cheese Sandwich Apple Slices Orange/Pineapple Juice 100% Milk	Mini French Toast Applesauce Cup Grape Juice 100% Syrup Milk	Mini Cinnis Diced Peach Cup Apple Juice 100% Milk	Breakfast Pizza w/Sausage Orange Slices Apple Juice 100% Milk	Sausage Biscuit Raisins Fruit Juice 100% Milk
AUG 21-25	Mini Berry Pancakes Apple Slices Orange/Pineapple Juice 100% Milk Syrup	Mini French Toast Applesauce Cup Grape Juice 100% Syrup Milk	Colby Cheese Omelet Honey Grahams Mixed Fruit Cup Apple Juice 100% Milk	Breakfast Pizza w/Sausage Apple Slices Apple Juice 100% Milk	Sausage Biscuit Sliced Oranges Fruit Juice 100% Milk
AUG 28-31	Mini French Toast Applesauce Cup Grape Juice 100% Syrup Milk	Breakfast Burrito Apple Slices Orange/Pineapple Juice 100% Milk	Mini Cinnis Diced Peach Cup Apple Juice 100% Milk	Breakfast Pizza w/Sausage Orange Slices Apple Juice 100% Milk	

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

FEED YOUR CREATIVITY WITH A

HEALTHY SCHOOL BREAKFAST

BREAKFAST-HIGH SCHOOL AUGUST 2023

MENUS SUBJECT TO CHANGE BASED ON AVAILABILITY

AVAILABLE DAILY
MILK
FRESH FRUIT
100% FRUIT JUICE



COMPLETE MENUS ONLINE @
WWW.CRENSHAW-SCHOOLS.ORG

LIHQ Connect
ONLINE PORTAL



AUG 8-11

AUG 14-18

AUG 21-25

AUG 28-31

MON



TUE

WED

THU

FRI

WG Waffles
WG Cereal

Bacon
Fresh Fruit
100% Fruit Juice
Milk

Chicken Biscuit
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Breakfast Pizza
w/Sausage
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Sausage & Cheese
Bagel
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

WG Mini Waffles
WG Cereal

Bacon
Applesauce Cup
Fresh Fruit
100% Fruit Juice
Milk

Colby Cheese
Omelet
WG Bagel
WG Cereal

Cheese Grits
Fresh Fruit
100% Fruit Juice
Milk

WG Muffin
Sausage Link
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Breakfast Pizza
w/Sausage
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Sausage Biscuit
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Chicken & Waffles
WG Cereal

Applesauce Cup
Fresh Fruit
100% Fruit Juice
Milk

WG Buttermilk
Pancakes
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Yogurt Parfait
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Breakfast Pizza
w/Sausage
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Sausage Biscuit
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

WG Cinnamon
Roll w/glaze
WG Cereal

Applesauce Cup
Fresh Fruit
100% Fruit Juice
Milk

Cheese Toast w/
Bacon
WG Cereal

Cheese Grits
Fresh Fruit
100% Fruit Juice
Milk

Apple Strudel
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk

Breakfast Pizza
w/Sausage
WG Cereal

Fresh Fruit
100% Fruit Juice
Milk



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



LUNCH MENUS-AUGUST 2023

MENUS SUBJECT TO CHANGE
BASED ON AVAILABILITY

AVAILABLE DAILY
MILK
FRESH FRUIT
100% FRUIT JUICE



COMPLETE MENUS ONLINE @
WWW.CRENSHAW-SCHOOLS.ORG

LiNQ Connect
ONLINE PORTAL





AUG 8-11

AUG 14-18

AUG 21-25

AUG 28-31

MON	TUE	WED	THU	FRI
	Crispitos Garden Salad Corn on the Cob Creamy Refried Beans	Chicken Tenders Breadstick California Blend Baked Beans	Beefaroni Sliced Bread Tasty Green Beans	French Bread Pepperoni Pizza Broccoli Salad Sweet Potato Fries
Baked Pork Chop Cornbread Steamed Rice w/Gravy Blackeyed Peas Candied Sweet Potatoes	Buttermilk Pancakes Egg Patty Sausage Patty Cheese Grits Sliced Tomato Potato Rounds Syrup	Hot Dog w/ WG Bun Lettuce - Tomato Onion Crinkle Cut Fries Steamed Broccoli Chili Sauce	BBQ Chicken Pizza Broccoli Salad Sweet Potato Fries Cookie	Chicken Sandwich Cheddar Sun Chips Sorbet Cup Lettuce - Tomato Onion Baked Beans
Hot Wings or Chicken Nuggets WG Roll Hash Browns Tasty Green Beans	Beef Tacos w/ WG Tortilla Chips Lettuce - Tomato Onion Creamy Refried Beans Salsa	Hamburger or Cheeseburger Bacon Broccoli Salad Sweet Potato Fries	Chicken Alfredo Steamed Rice WG Dinner Roll Steamed Broccoli Buttery Carrots	Turkey Sandwich or Ham Sandwich Lettuce - Tomato Onion Baked Beans
Hamburger Steak WG Roll Mashed Potatoes w/ Brown Gravy Lima Beans	Walking Tacos Lettuce - Tomato Onion Creamy Refried Beans Carroteenies Salsa	Corndog Hash Browns Steamed Broccoli	Chicken Spaghetti <i>(HHS & LHS)</i> Spaghetti w/meat sauce <i>(BHS)</i> Breadstick Potato Rounds Sweet Peas	

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.