



Skim White, Skim Chocolate and 2% White Milk is Served Daily



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

2
Labor Day- No School Today

3
Turkey & Cheese Sub
Leaf Lettuce
Tomato Slice
Sun Chips
Fruit Cocktail Milk

4
Corn Dog
Green Beans
Tater Tots
Orange Halves, Cookie

5
Fajita Chicken Wrap
Tortilla Chips
Tomato Salsa
Lettuce , Seasoned Corn
Diced Peaches

6
Lasagna
Garden Salad,
Baby Carrots Apple, Garlic
Bread, Cookie

9
Cheese Bread Sticks
Marinara Sauce
Green Beans Tossed Salad
Fresh Apple, Milk

10
Super Nacho's
Refried Beans, Tomato
Salsa Fruit Cocktail,
Tortilla Chips

11
Hamburger on a Bun or
Leaf lettuce,
Tomato Slice
Strawberries & Banana's

12
Chicken & Noodles
Mashed Potatoes
Baby Carrots, Fresh Grapes
Hot Roll

13
Hot Dog on a Bun
Baked Beans
Coleslaw
Tropical Fruit, Brownie

16
Mini Meatball Sub
Ranch Potato Wedges,
Toss Salad Diced Peaches,
Milk

17
Biscuits & Gravy
Sausage Patty, Peas
Tri-Tater, Banana, Milk

18
Cheese Pizza
Broccoli Florets,
Baby Carrots
Orange Halves,
Milk

19
White Chicken Chili
Corn Bread
Cherry tomatoes,
Cucumber slices, Apple , Milk

20
Country Beef Patty
Potatoes And Gravy,
Green Beans, Tropical Fruit
Dinner Roll , Milk

23
No School Today

24
Grill Chicken Wrap
Seasoned Rice
Lettuce and Tomato Slice
Steamed Zucchini, Peaches
Milk

25
Spaghetti & Meat Sauce
Garlic Bread
Garden Salad,
Green Beans
Orange Halves, Milk

26
Bean & Beef Burrito
Tortilla Chips Tomato
Salsa, Seasoned Corn, Banana

27
Stromboli Squares
Tossed Salad, Diced Tomatoes
Fresh Baby Carrots
Diced Pears

30
Pig in a Blanket
Tri Tater
Broccoli and Cheese
Apple

