

 **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

2
Labor Day- No School Today

9
Cheese Breadsticks w/Marinara Sauce Or PBJ
Green Beans, Toss Salad
Fresh Apple

16
Mini Meatball Sub or Yogurt Muffin Plate
Ranch Potato Wedges, Toss Salad Diced Peaches

23
No School Today

30
Pig in a Blanket or PBJ
Tri Tater
Broccoli and Cheese
Apple

Tuesday

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

10
Super Nacho's or Turkey/Cheese roll up
Refried Beans, Tomato Salsa
Fruit Cocktail, Tortilla Chips

17
Biscuits & Gravy Or Pepperoni Pizza
Sausage Patty, Peas
Tri-Tater, Banana

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



Wednesday

4
Country Beef Patty Or Cheese pizza, Pineapple
Mashed Potatoes & Gravy
Broccoli Florets, Roll

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

18
Cheese Pizza or Grilled Chicken Sandwich
Broccoli Florets, Baby Carrots
Orange Halves

25
Spaghetti & Meat Sauce or Hamburger on a Bun
Garden Salad, Green Beans
Orange Halves

Thursday

5
Bean and Beef Burrito Or Grilled Chicken Sandwich
Tortilla Chips
Tomato Salsa, Lettuce, Seasoned Corn
Diced Peaches, Milk

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

19
White Chicken Chili Or Turkey/Cheese Roll
Corn Bread Cherry tomatoes
Cucumber slices, Apple

26
Bean & Beef Burrito or Grilled Chicken/bun
Tortilla Chips Tomato Salsa,
Seasoned Corn, Banana

Friday

6
Lasagna Or Yogurt Muffin Plate
Garden Salad, Baby Carrots
Apple, Garlic Bread, Cookie

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

20
Country Beef Patty or Cheese Pizza
Potatoes And Gravy,
Green Beans, Roll

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

