



30 Monday	31 Tuesday	1 Wednesday	2 Thursday	3 Friday
		CHICKEN WRAP LETTUCE & TOMATO FRESH BABY CARROTS WATER MELON BREAD STICK MILK	LASAGNA TOSSED SALAD DICED PEACHES GARLIC BREAD WACKY CAKE MILK	CHICKEN LEG MASHED POTATOES & GRAVY STEAMED BROCCOLI MIXED FRUIT DINNER ROLL & JELLY MILK

6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday
<p>LABOR DAY NO SCHOOL</p>	CORN DOG TRI TATER BAKED BEANS CRISP APPLES MILK	HAMBURGER ON BUN LETTUCE & TOMATO SUN CHIPS BABY CARROTS CANTALOUPE MILK	ELL-SALINE PIZZA TOSSED SALAD PINEAPPLE CHUNKS CHOC. PUDDING MILK	ELEM. CHICKEN PATTIE MS/HS Teriyaki chicken SEASONED RICE GREEN BEANS ORANGE SLICES DINNER ROLL & JELLY

13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
GRILL CHICKEN ON BUN RANCH CUT POTATOES FRESH BABY CARROTS PINEAPPLE CHUNKS MILK	CRISPITO & CHEESE LETTUCE & SALSA REFRIED BEANS TORTILLA CHIPS BANANA MILK <p style="text-align: right;"><i>Ahh, the power of Cheese.™</i></p>	PASTA & MEAT SAUCE TOSSED SALAD DICED PEACHES GARLIC BREAD RANGER COOKIE MILK	FISH STICKS TRI TATOR COLESAW CRISP APPLE SLICES BREAD STICK MILK	CHICKEN & NOODLES WHIPPED POTATOES GREEN BEANS ORANGE WEDGES DINNER ROLL & JELLY MILK

20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
NO SCHOOL- TEACHER IN SERVICE	BISCUIT & GRAVY SAUSAGE PATTIE TATER TOTS ORANGE SLICES MILK	MAC & CHEESE LITTLE SMOKIES PEAS CRISP APPLE SLICES DINNER ROLL & JELLY MILK	NO SCHOOL- PARENT/TEACHER CONFERENCES	NO SCHOOL- PARENT/TEACHER CONFERENCES

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	1 Friday
HAMBURGER ON A BUN LETTUCE & PICKLES SUN CHIPS FRESH BABY CARROTS CANTELOUPE MILK	FRITO CHILI PIE DILL PICKLE SPEAR CELERY & CUCUMBERS APPLE SAUCE CINNAMON ROLL MILK	CHICKEN STRIPS WHIPPED POTATOES & CREAM GRAVY FRESH BROCCOLI BERRIES & BANANA'S DINNER ROLL & JELLY MILK	CLUB SANDWICH LETTUCE & TOMATO POTATO SALAD RED GRAPES WH. CAKE/CHOC FROST MILK	BEEF RAVIOLI COTTAGE CHEESE TOSSED SALAD DICED PEACHES GARLIC BREAD MILK

★ ★ **18 SCHOOL DAYS IN SEPTEMBER** ★ ★

ELEMENTARY- BREAKFAST \$25.20 / LUNCH \$40.50
 MS/HS- BREAKFAST \$27.00 / LUNCH \$43.20
 REDUCED-BREAKFAST \$5.40 / LUNCH \$7.20



Milk: Nature's Sports Drink

Low-fat and fat-free milk – white or chocolate – offer a more nutrient-rich alternative to traditional sports drinks. Every serving provides nine essential nutrients which help the body to function properly and perform at its best. Carbohydrates refuel muscles, protein reduces muscle breakdown and stimulates muscle growth and fluid and electrolytes replenish what is lost in sweat to rehydrate the body and calcium and vitamin D work together to build strong bones. What's more, white and chocolate milk taste great, are relatively inexpensive and more likely to be stocked in the fridge, awaiting the tired athlete.



