



This Institution is an equal opportunity provider

Menu is SUBJECT to change without notice



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Fruit Yogurt Plate
Cheesy Chicken Rice
Green Peas/Sweet Potatoes
Roll
Peaches

1

Chef Salad/Crackers
Hamburger Patty/Gravy
Mashed Potatoes
Green Beans
Roll
Apple Sauce

2

Fruit Yogurt Plate
Hot Dog
French Fries
Baked Beans
Tropical Fruit

3

Labor Day
NO SCHOOL

6

Spaghetti/Texas Toast
Spicy Chicken Sandwich
California Veggies
Green Peas
Mandarin Oranges

7

Fruit Yogurt Plate
Mandarin Chicken
Fried Rice/Egg Roll
Squash/Broccoli
Tropical Fruit

8

Chef Salad/Crackers
Chicken Nuggets
Mashed Potatoes
Lima Beans
Roll
Pears

9

Fruit Yogurt Plate
Grilled Cheese Sandwich
Tater Tots
Black Eyed Peas
Fresh Orange Wedges

10

Soft Taco /Cheese
Pepperoni Pizza
Corn
Side Salad
Mixed Fruit

13

Chicken Spaghetti
Roll
Cheeseburger
Carrots
Steamed Broccoli
Apple Sauce

14

Fruit Yogurt Plate
Steak Finger/Rice Gravy
Green Beans
Side Salad
Mandarin Oranges

15

Chef Salad/Crackers
Hot-Ham-Cheese Sub
Carrot w/Dip
Green Peas
Apple

16

Fruit Yogurt Plate
Sweet Chili Meatball Ball
French Fries/Side Salad
Pineapple

17

Chicken Tenders/Roll
Mexican Pizza
Mashed Potatoes
Lima Beans
Tropical Fruit

20

Cheesy Chicken/Rice
Corn Dog
Green Beans
Sweet Potatoes
Mandarin Oranges

21

Fruit Yogurt Plate
Spaghetti/Texas Toast
Green Peas
Carrots
Hot Cinnamon Apples

22

Chef Salad/Crackers
Nachos
Corn/Side Salad
Mixed Fruit

23

Fruit Yogurt Plate
Cheeseburger
French Fries
Side Salad
Orange Wedges

24

Chicken Nuggets/Roll
Pepperoni Pizza
Diced Buttered Potatoes
Green Beans
Fruit

27

Hamburger Patty/Rice
Gravy
Hot Ham-Cheese Sub
Green Peas/Side Salad
Peaches

28

Fruit Yogurt Plate
Spicy Chicken Sandwich
Carrots/Black Eyed Peas
Fruit Cocktail

29

Chef Salad/Crackers
B.B.Q Chicken/Roll
Mashed Potatoes
Lima Beans
Fruit

30