



September 2020

In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants.



Monday

Tuesday

Wednesday

Thursday

Friday

Beef Taco Wrap
PBJ sandwich
w/cheesestick
Baby Carrots
Orange Slices
Milk **1**

Hamburger
PBJ sandwich
w/cheesestick
Potato Smiles
Bananas
Milk **2**

Ravoli
PBJ sandwich
w/cheesestick
Broccoli/Cauliflower
Pears
Milk **3**

Round Pizza
PBJ Sandwich
w/cheesestick
Seasoned Corn
Apple Slices
Milk **4**

Labor Day
Holiday **7**

Beef/Cheese
Nachos
PBJ sandwich
w/cheesestick
Baby Carrots
Orange Slices
Milk **8**

Fishsticks
PBJ sandwich
w/cheesestick
Potato Smiles
Bananas
Milk **9**

Steak Fingers
PBJ sandwich
w/cheesestick
Fresh Broccoli
w/ranch dip
Peaches
Milk **10**

Round Pizza
PBJ Sandwich
w/cheesestick
Garden Salad
Apple Slices
Milk **11**

Popcorn Chicken
PBJ sandwich
w/cheesestick
Green Beans
Applesauce
Milk **14**

Beef Taco Wrap
PBJ sandwich
w/cheesestick
Cucumber Coins
Orange Slices
Milk **15**

Hamburgerr
PBJ sandwich
w/cheesestick
Potato Smiles
Bananas
Milk **16**

Steak Fingers
PBJ sandwich
w/cheesestick
Mashed Potatoes
Peaches
Milk **17**

Round Pizza
PBJ sandwich
w/cheesestick
Seasoned Corn
Apple Slices
Milk **18**

Mac and
Cheese
PBJ sandwich
w/cheesestick
Green Beans
Applesauce **21**

Beef/Cheese
Nachos
PBJ sandwich
w/cheesestick
Baby Carrots
Orange Slices
Milk **22**

Cheeseburger
PBJ sandwich
w/cheesestick
Potato Smiles
Bananas
Milk **23**

Steak Fingers
PBJ sandwich
w/cheesestick
Broccoli
w/cheese
Peaches
Milk **24**

Round Pizza
PBJ Sandwich
w/cheesestick
Seasoned Corn
Apple Slices
Milk **25**

Popcorn
Chicken
PBJ sandwich
w/cheesestick
Green Beans
Applesauce
Milk **28**

Beef Taco Wrap
PBJ sandwich
w/cheesestick
Baby Carrots
Orange Slices
Milk **29**

Hamburger
PBJ sandwich
w/cheesestick
Potato Smiles
Bananas
Milk **30**

Announcements

Pre-K Center Menu

Menu is subject to change based upon availability of items

Meal Prices

Student Meal Prices

Breakfast \$1.35
Lunch \$2.50

Adult Meal Prices

Breakfast \$2.05
Lunch \$3.30