



# 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**

Mac-n-Cheese  
Turkey Cheese Sandwich  
w/cheesestick  
Fresh Broccoli  
Gold Rush juice  
Pears  
Hot Roll **1**

BBQ Rib Sandwich  
PBJ sandwich  
w/cheesestick  
Potato Smiles  
Burger Salad  
Bananas  
Cupcake **2**

Chicken Waffle Sandwich  
Turkey Cheese Sandwich  
w/cheesestick  
Ranchero Beans  
Corn, Peaches  
Ice Cream Cup **3**

Round Pizza  
PBJ sandwich  
w/cheesestick  
Baby Carrots  
Zucchini Circles  
Apple Slices **4**

Labor Day Holiday **7**

Chicken Fajita Taco  
Turkey Cheese Sandwich  
w/cheesestick  
Refried Beans  
Taco Salad  
Emoji Fruity Ice  
Graham Crackers **8**

Cheeseburger  
PBJ sandwich  
w/cheesestick  
Potato Smiles  
Burger Salad  
Bananas **9**

Steak Fingers w/roll  
Turkey Cheese Sandwich  
w/cheesestick  
Mashed Potatoes  
Cinnamon Carrots  
Peaches  
Ice Cream Cup **10**

Sliced Pizza  
PBJ Sandwich  
w/cheesestick  
Broccoli w/cheese,  
Zucchini Circles  
Apple Slices  
Cookie Dough Bites **11**

Popcorn Chicken  
PBJ sandwich  
w/cheesestick  
Mashed Potatoes  
Green Beans  
Applesauce  
Twisted garlic  
breadstick **14**

Mac-n-Cheese  
Turkey Cheese Sandwich  
w/cheesestick  
Fresh Broccoli  
Sunset Sip  
Pears  
Hot Roll **15**

Cheeseburger  
PBJ sandwich  
w/cheesestick  
Potato Smiles  
Burger Salad  
Bananas **16**

Chicken Waffle Sandwich  
Turkey Cheese Sandwich  
w/cheesestick  
Ranchero Beans  
Corn, Peaches  
Ice Cream Cup **17**

Round Pizza  
PBJ sandwich  
w/cheesestick  
Baby Carrots  
Zucchini Circles  
Apple Slices **18**

Popcorn Chicken  
PBJ sandwich  
w/cheesestick  
Mashed Potatoes  
Green Beans  
Applesauce  
Hot Roll **21**

Chicken Fajita Taco  
Turkey Cheese Sandwich  
w/cheesestick  
Refried Beans  
Taco Salad  
Emoji Fruity Ice  
Graham Crackers **22**

Cheeseburger  
PBJ sandwich  
w/cheesestick  
Potato Smiles  
Burger Salad  
Bananas **23**

Steak Fingers w/roll  
Turkey Cheese Sandwich  
w/cheesestick  
Mashed Potatoes  
Cinnamon Carrots  
Peaches  
Ice Cream Cup **24**

Sliced Pizza  
PBJ Sandwich  
w/cheesestick  
Broccoli w/cheese,  
Zucchini Circles  
Apple Slices  
Rice Krispie Treat **25**

Chicken Drumstick  
PBJ sandwich  
w/cheesestick  
Mashed Potatoes  
Green Beans  
Applesauce  
Hot Roll **28**

Mac-n-Cheese  
Turkey Cheese Sandwich  
w/cheesestick  
Fresh Broccoli  
Gold Rush juice  
Pears  
Hot Roll **29**

BBQ Rib Sandwich  
PBJ sandwich  
w/cheesestick  
Potato Smiles  
Burger Salad  
Bananas  
Cupcake **30**

**Announcements**

Free Ice cream every Thursday with the purchase of a lunch

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**