

# SEPTEMBER 2022 SCHS

This institution is an equal opportunity provider.  
Menus are subject to change.

## Make the healthy, economical choice!

Breakfast

Lunch

1.25

\$2.20

Be sure to fill out a meal application in case you qualify  
for free or reduced priced meals.

Thursday, September 1

### Lunch

Chicken Tenders  
Biscuit & Gravy  
Mashed Potatoes  
Black Eyed Peas  
Fruit

Friday, September 2

### Lunch

Cheeseburger  
Lettuce/Pickles  
Baked Beans  
Seasoned Fries  
Frozen Fruit Cup

**HAPPY  
LABOR DAY!**



Try not to be **BLUE**  
about Summer's end -  
enjoy the last sweet  
days of the season  
**BERRY** much!

Tuesday, September 6

### Lunch

Mini Quesadillas  
w/Salsa & Cheese  
Black Bean Salad  
Veggie Dippers  
Fruit

Wed., September 7

### Lunch

Mini Corn Dogs  
Baked Beans  
Veggie Dippers  
French Fries  
Fruit

Thursday, September 8

### Lunch

Kickin Chicken  
Dinner Roll  
Roasted Potatoes  
Broccoli  
Fruit

Friday, September 9

### Lunch

Pizza  
Garden Salad  
Corn  
Frozen Fruit Cup

Monday, September 12

### Lunch

Chicken  
Sandwich  
Lettuce/Tomato  
Pickles  
Veggie Dippers  
Waffle Fries  
Fruit

Tuesday, September 13

### Lunch

Beef & Cheese  
Nachos  
Lettuce, Salsa,  
Salsa  
Corn & Black  
Beans  
Fruit

Wed., September 14

### Lunch

Spaghetti & Meat  
Sauce  
Garlic Bread  
Garden Salad  
English Peas  
Fruit

Thursday, September 15

### Lunch

Chicken Rice Bowl  
Oriental Veggies  
Veggie Dippers  
Fruit  
Fortune Cookie

Friday, September 16

### Lunch

Pizza Stix  
w/ Marinara  
Garden Salad  
Corn  
Fruit  
Honey Graham

### Price Info:

Student Breakfast \$1.25  
Student Lunch \$2.20  
Staff Breakfast-\$1.75  
Staff Lunch -\$3.00

Extra Milk- \$.50  
Second Entrée- \$1.50

### Other:

Pizza  
Sub Sandwich  
Sandwich Variety  
Burger Variety  
Fresh Salad Variety  
Grab N Go Items

All meals include milk choice:  
Fat Free Flavored,  
Skim, and 1% milk

Harvest of the Month  
Apples

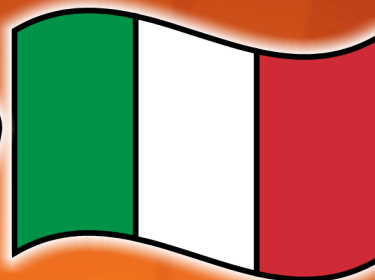
Market conditions, delivery, and availability of food  
may require changes in menu.



**What's on  
YOUR  
plate?**



**Q: How is a strawberry like the flag of Italy?**



**A:** As strawberries grow and ripen, they turn from green to white to red – just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

**MODERATION.**

We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but try not to over-do it!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**Monday, September 19**

**Lunch**

Sub Your Way  
Ham & Cheese  
w/fixings  
Veggie Dippers  
Baked Chips  
Fruit

**Tuesday, September 20**

**Lunch**

Chicken Burrito  
Salsa & Cheese  
Corn  
Refried Beans  
Fruit

**Wed., September 21**

**Lunch**

Rotini Pasta  
Garlic Bread  
Garden Salad  
Glazed Carrots  
Fruit

**Thursday, September 22**

**Lunch**

Brunch  
For  
Lunch  
Chicken n Waffles

**Friday, September 23**

**Lunch**

Pizza  
Garden Salad  
Corn  
Frozen Fruit Cup

**Monday, September 26**

**Lunch**

Meatball Sub  
w/Marinara  
Veggie Dippers  
Baked Chips  
Fruit

**Tuesday, September 27**

**Lunch**

Chicken Fajita  
Wrap  
w/Salsa & Cheese  
Black Bean Salad  
Corn  
Fruit

**Wed., September 28**

**Lunch**

BBQ Sandwich  
Potato Sindwinders  
Coleslaw  
Baked Beans  
Fruit

**Thursday, September 29**

**Lunch**

Chicken Tenders  
Biscuit & Gravy  
Roasted Potatoes  
Green Beans  
Fruit

**Friday, September 30**

**Lunch**

Pizza Stix  
w/ Marinara  
Garden Salad  
Corn  
Fruit  
Honey Graham