



ADDITIONAL CHOICES AVAILABLE DAILY. CHOICES ARE PB&J, TURKEY SANDWICH, CHEF SALAD OR CHEF'S SPECIAL. BREAD OFFERINGS ARE WHOLE GRAIN. MILK OFFERINGS ARE 1% WHITE OR FATFREE FLAVORED. MILK IS OFFERED AT EVERY MEAL



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

LABOR DAY

2

TUESDAY

**BEEF NACHOS
BEANS & CORN
PEARS
MILK**

3

WEDNESDAY

**PASTA
W/ MEATSAUCE
GARLIC KNOT
GREENBEANS
MIXED FRUIT**

4

THURSDAY

**CHEESEBURGERS
FRENCH FRIES
BROCCOLI
PEARS**

5

FRIDAY

**PIZZA CHOICE
TOSSED SALAD
STRAWBERRIES**

6

**CHICKEN PATTY
FRENCH FRIES
CORN
APPLESAUCE**

9

**CHEESEBURGERS
FRENCH FRIES
BROCCOLI
PEARS**

10

**QUESADILLA
RICE & BEANS
CORN
PEACHES**

11

**GRILLED CHEESE
TOMATO SOUP
CARROTS
APPLESAUCE**

12

**PIZZA CHOICE
TOSSED SALAD
STRAWBERRIES**

13

**CHICKEN NUGGETS
FRENCH FRIES
CORN
APPLESAUCE**

16

**BEEF NACHOS
BEANS & CORN
PEARS
MILK**

17

**PASTA
W/ MEATSAUCE
GARLIC KNOT
GREENBEANS
MIXED FRUIT**

18

**CHEESEBURGERS
FRENCH FRIES
BROCCOLI
PEARS**

19

**PIZZA CHOICE
TOSSED SALAD
STRAWBERRIES**

20

**CHICKEN PATTY
FRENCH FRIES
CORN
APPLESAUCE**

23

**CHEESEBURGERS
FRENCH FRIES
BROCCOLI
PEARS**

24

**QUESADILLA
RICE & BEANS
CORN
PEACHES**

25

**GRILLED CHEESE
TOMATO SOUP
CARROTS
APPLESAUCE**

26

**PIZZA CHOICE
TOSSED SALAD
STRAWBERRIES**

27

**CHICKEN NUGGETS
FRENCH FRIES
CORN
APPLESAUCE**

30

LUNCHES:
Free to anyone that qualifies.
CHILD- \$3.75
ADULT- \$5.00



**THE USDA IS AN
EQUAL
OPPORTUNITY
PROVIDER AND
EMPLOYER**