

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games! Remembering our Heroes on September 11, and showing our support for them





This institution is an equal opportunity provider.



Last Chance to Baskl

Labor Day Monday, Sept. 2 Enjoy your day off! Tuesday, September 3

Breakfast

Cereal w/Milk

Lunch

Mini Corn Dogs Baked Beans Potato Smiles Fruit Wednesday, September 4

Breakfast

Pancake Pup

<u>Lunch</u>

Steak Fingers w/Roll Green Beans Mashed Potatoes Fruit Thursday, September 5

Breakfast

Cinni Minni

Lunch

Fish Sticks Hushpuppies Black Eyed Peas Mac N Cheese Fruit Friday, September 6

Breakfast

Egg Cheese Biscuit

Lunch

Pizza Garden Salad Corn Fruit

Students:

Breakfast-No Charge Lunch-No Charge

Daily Options:

(Kindergarten)
Protein Power Pack
with Yogurt,
String Cheese,
Grain, &
Fruit/Veggie

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.

Monday, September 9

Breakfast Muffin

Lunch BBQ Sandwich

Baked Beans French Fries Applesauce

Tuesday, September 10

Breakfast

Sausage Biscuit

Lunch

Taco Quesadilla w/Salsa, Cheese Black Beans Corn Fruit

Wednesday,September 11

Breakfast

Breakfast Strudel

Lunch

Popcorn Chicken w/ Asian Rice Spring Roll Veggie Blend Fruit

Thursday, September 12

Breakfast

Toaster Pastry

Lunch

Spaghetti/w Meat Sauce Garlic Knot Garden Salad Fruit

Friday, September 13

Breakfast

Chicken Biscuit

Lunch

Mozzarella Sticks w/ Marinara Veggie Dippers Broccoli Fruit Monday, September 16

Breakfast

Cereal w/Milk

Lunch

Chicken Sandwich Veggie Dippers Baked Chips Fruit Tuesday, September 17

Breakfast Sausage Biscuit

Lunch

Walking Taco w/Salsa, Lettuce/ Cheese Refried Beans Fruit Wednesday September 18

Breakfast Pancake

Pup

<u>Lunch</u>

Cheeseburger Baked Beans French Fries Fruit

National Cheeseburger Day Thursday, September 19

Breakfast Waffles

<u>Lunch</u> Chicken Drumstick

Mac N Cheese
Broccoli
Fruit

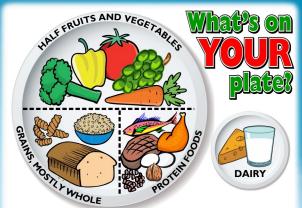
Friday, September 20

<u>Breakfast</u>

Egg Cheese Biscuit

<u>Lunch</u>

Pizza
Garden Salad
Corn
Fruit



Sweet, Cool, AND

Clean!

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants

safely away from the sweet, juicy insides we love so much!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

Monday, September 23

<u>Breakfast</u>

Breakfast Bread

Lunch

Hot Dog Baked Beans Tator Tots Fruit Tuesday, September 24

Breakfast

Sausage Biscuit

<u>Lunch</u>

Ranchero Pizza Veggie Dippers Corn Fruit Wednesday, September 25

<u>Breakfast</u>

French Toast Stix

<u>Lunch</u>

Chicken Nuggets w/Roll Green Beans Mashed Potatoes Fruit

World School Milk Day Thursday, September 26

Breakfast

Fruit Smoothie w/Cracker

Lunch

Rotini Pasta w/ Meat Sauce Garlic Bread Garden Salad Fruit Friday, September 27

Breakfast Chicken

Biscuit

Lunch

Pizza Stix w/ Marinara Veggie Dippers Broccoli GA Grown Apples

Crunch for Lunch Day

Monday, September 30

Breakfast

Breakfast Pullapart Bun

> Lunch Brunch for Lunch







FLORIDA

"The Sunshine State"
Admitted to the Union March 3, 1845 as the 27th State
State Capital: Tallahassee