

SCHS

September
2024



**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!

This institution is an equal opportunity provider.

*Remembering our Heroes on
September 11, and showing our
support for them*

*all year
round.*



Tuesday, September 3

Lunch

Hamburger or
Mini Corn Dogs
Baked Beans
Tator Tots
Fruit

Wednesday, September 4

Lunch

Country Fried Steak
w/Biscuit
English Peas
Mashed Potatoes
Fruit

Thursday, September 5

Lunch

Brunch
for
Lunch

Friday, September 6

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/
Pickles
French Fries
Veggie Dippers
Fruit

Monday, September 9

Lunch

Buffalo Chicken Stuffed
Sandwich
or Chicken Sandwich
Potato Smiles
Veggie Dippers
Fruit

Tuesday, September 10

Lunch

Cowboy Nachos w/
Topping Bar
Spanish Rice
Pinto Beans
Corn Cob
Fruit

Wednesday, September 11

Lunch

Chicken Strip Basket
w/Roll
Green Beans
Mac N Cheese
Fruit

Thursday, September 12

Lunch

Sub Your Way
Lettuce/Tomato/
Pickles
Veggie Dippers
Baked Chips
Fruit

Friday, September 13

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/
Pickles
Potato Wedges
Garden Salad
Fruit

Students join us!

Breakfast-No Charge

Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese

Daily Fruit/Veggie Choices
or

Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily

Fruit/Veggie Choices
or

Chef Salad w/Protein, Grain
& Daily Fruit/Veggie Choices

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 16

Lunch

Spaghetti or
Chicken Sandwich
Garlic Toast
Veggie Dippers
California Blend
Veggies
Fruit

Tuesday, September 17

Lunch

Beef Nachos
w/Topping Bar
Chips & Queso
Spanish Rice
Black Beans
Corn
Fruit

Wednesday September 18

Lunch

Cheeseburger
Baked Beans
French Fries
Fruit

National Cheeseburger Day

Thursday, September 19

Lunch

Country Fried Steak
w/Biscuit
English Peas
Mashed Potatoes
Fruit

Friday, September 20

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/
Pickles
Roasted Potatoes
Veggie Dippers
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

Lunch

Sub Your Way or
Chicken Sandwich
Lettuce/Tomato/
Pickles
Veggie Dippers
Tator Tots
Fruit

Tuesday, September 24

Lunch

Taco Quesadilla w/
Topping Bar
Spanish Rice
Pinto Beans
Corn
Fruit

Wednesday, September 25

Lunch

General Tso's Chicken
w/ Asian Rice
Spring Roll
Veggie Blend
Fruit
Fortune Cookie

World School Milk Day

Thursday, September 26

Lunch

Rotini Pasta w/
Meatsauce or
Cheesy Breadsticks w/
Marinara
Garlic Toast
Glazed Carrots
Broccoli
Fruit

Friday, September 27

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/
Pickles
Sweet Potato Fries
Garden Salad
GA Grown Apples

Crunch for Lunch Day

Monday, September 30

Lunch

BBQ Sandwich or
Chicken Sandwich
Lettuce/ Tomato/
Pickles
French Fries
Baked Beans
Coleslaw
Fruit



Every complete meal
we serve comes with
your choice of milk!

DON'T 4 GET!
Take at least **ONE**
FRUIT or VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!



FLORIDA

"The Sunshine State"

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