

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



# Last Chance to Bask!

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

# Tuesday, Sept., 3

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

# Lunch

BEAN & CHEESE EMPANADA OR BEEF TACO

### Wednesday, Sept., 4

Breakfast SUNRISE SANDWICH OR

CONTINENTAL BREAKFAST

### **Lunch**

CHEESE PIZZA OR CHEESEBURGER

### Thursday, Sept., 5

# Breakfast

MĪNI PANCAKĒS OR CONTINENTAL BREAKFAST

### Lunch

CHEESY BREADSTICKS OR TERIYAKI CHICKEN BOWL

### Friday, Sept., 6

### Breakfast

CINNAMON ROLL OR Continental Breakfast

### <u>Lunch</u>

BEAN AND CHEESE BURRITO OR CRUNCHY FISH STICKS & CHIPS

COOKIE



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, Sept., 9

### <u>Breakfast</u>

BREAKFAST PIZZA OR CONTINENTAL BREAKFAST

### Lunch

BREAKFAST FOR LUNCH(MINI PANCAKES, HASHBROWN & YOGURT) OR PASTA WITH MEAT SAUCE

### Tuesday, Sept., 10

### Breakfast

YOGURT PARFAIT OR CONTINENTAL BREAKFAST

### Lunch

GRILLED CHEESE SANDWICH

OR

BEEF TACO

# Wednesday, Sept., II

### **Breakfast**

MINI WAFFLES OR CONTINENTAL BREAKFAST

### Lunch

CHEESE PIZZA

OR

CHICKEN PATTY SANDWICH

# Thursday, Sept., 12

### <u>Breakfast</u>

CINNI MINI OR CONTINENTAL BREAKFAST

### Lunch

CHEESY BREADSTICKS

OR

ORANGE CHICKEN BOWL

### Friday, Sept., 13

### **Breakfast**

FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST

### <u>Lunch</u>

CHEF'S CHOICE

COOKIE



Monday, Sept., 16



### Tuesday, Sept., 17

### **Breakfast**

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

### Lunch

BEAN & CHEESE EMPANADA OR BEEF TACO

### Wednesday, Sept., 18

### **Breakfast**

SUNRISE SANDWICH OR CONTINENTAL BREAKFAST

### Lunch

CHEESE PIZZA OR CHEESEBURGER

### Thursday, Sept., 19

### **Breakfast**

MĪNI PANCAKĒS Or Continental Breakfast

### Lunch

CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN BOWL

### Friday, Sept., 20

### **Breakfast**

CINNAMON ROLL OR CONTINENTAL BREAKFAST

### Lunch

BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

### Monday, Sept., 23

### **Breakfast**

BREAKFAST PIZZA OR CONTINENTAL BREAKFAST

### **Lunch**

BREAKFAST FOR LUNCH(MINI PANCAKES, HASHBROWN & YOGURT) OR PASTA WITH MEAT SAUCE

### Tuesday, Sept., 24

### **Breakfast**

YOGURT PARFAIT OR CONTINENTAL BREAKFAST

### Lunch

GRILLED CHEESE SANDWICH

OR

BEEF TACO

### Wednesday, Sept., 25

### **Breakfast**

MINI WAFFLES OR CONTINENTAL BREAKFAST

### Lunch

CHEESE PIZZA

OR

CHICKEN PATTY SANDWICH

### Thursday, Sept., 26

### **Breakfast**

CINNI MINI OR CONTINENTAL BREAKFAST

### Lunch

CHEESY BREADSTICKS
OR
ORANGE CHICKEN BOWL

### Friday, Sept., 27

### **Breakfast**

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

### Lunch

MACARONI AND CHEESE OR CHICKEN TENDERS

COOKIE

### Monday, Sept., 30

### **Breakfast**

SCONES OR CONTINENTAL BREAKFAST

### CONTINENTAL DIVERNIAST

### <u>Lunch</u>

BREAKFAST FOR LÜNCH(MINI PANCAKES, HASHBROWN & YOGURT) OR TURKEY & CHEESE

SANDWICH

# 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!



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





ALL STUDENTS EAT ALL MEALS @ NO GOST AGAIN THIS YEAR

Dry Creek Joint Elementary
School District