



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

I am the letter

C

crab

Tuesday, September 1

Breakfast
Grits
Toast
Pears
Juice, Milk

Lunch
Chicken Nuggets
Baked Beans
Green Beans
Peaches
Roll
Milk, Juice

Wednesday, September 2

Breakfast
Mini Blueberry Waffles
Peaches
Juice
Milk

Lunch
Oven Fried Chicken
Sweet Potato Crunch
California Blend
Applesauce Cup
Roll
Milk, Juice

Thursday, September 3

Breakfast
Pancake on a Stick
Orange
Juice
Milk

Lunch
Meatloaf
Loaded Mashed Potatoes
Sweet Peas
Apple
Roll
Milk, Juice

Friday, September 4

Breakfast
Eggstravaganza
Tortilla
Applesauce Cup
Juice, Milk

Lunch
Hamburger
Lettuce/ Tomato
Crinkle Fries
Orange
Milk, Juice

Monday, September 7

**HAPPY
★ LABOR
DAY! ★**

NO SCHOOL

Tuesday, September 8

Breakfast
Cereal
Applesauce Cup
Juice
Milk

Lunch
Pig N Blanket
Crinkled Fries
Pinto Beans
Fresh Apple
Milk, Juice

Wednesday, September 9

Breakfast
Maple Waffle Chicken
Sandwich
Fruit Cocktail
Juice
Milk

Lunch
Popcorn Chicken
Green Beans
Sweet Potato Fries
Mandarin Oranges
Roll
Milk, Juice

Thursday, September 10

Breakfast
French Toast Sticks
Pears
Juice
Milk

Lunch
Spaghetti with Meat Sauce
Tossed Salad
Spinach
Pears
Garlic Roll
Milk, Juice

Friday, September 11

Breakfast
Ham & Cheese Biscuit
Peaches
Juice
Milk

Lunch
Cheese Pizza
Corn
Cucumber Slices
Watermelon
Milk, Juice



★ **OUR NATION'S HISTORY** ★

The world-famous Eiffel Tower is in Paris, France – so what's that have to do with American history? Keep reading. The Eiffel Tower was constructed for the 1889 World's Fair. It was named for Gustave Eiffel, the engineer whose company designed and built the tower. A few years before, French artist Frédéric Auguste Bartholdi had conceived and designed a monumental work of art that was to be a gift to the United States from the people of France – “Liberty Enlightening the World,” or, as we know it, the Statue of Liberty. But Bartholdi was an artist, not a builder. So who did he turn to make Lady Liberty an actual reality in New York Harbor? The famous French engineer, Gustave Eiffel, who was thus responsible for building two of the world's most famous landmarks!

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

10 x 2.

Here's a simple way to roll a wellness “strike” twice a day, every day. Add just 10 minutes of daily exercise to whatever you're doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!

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

WELLNESS IS A WAY OF LIFE!

Monday, September 14

Breakfast

Maple Waffle Chicken
Sandwich
Mixed Fruit
Juice
Milk

Lunch

Chicken Fajitas
Taco Fiesta Beans
Taco Salad
Pears
Milk, Juice

Tuesday, September 15

Breakfast

Breakfast Pizza
Pears
Juice
Milk

Lunch

Red Beans and Rice w/
Sausage
Broccoli
Mixed Vegetables
Fresh Orange
Cornbread
Milk, Juice

Wednesday, September 16

Breakfast

Chicken Biscuit
Applesauce Cup
Juice
Milk

Lunch

Spaghetti with Meatballs
Green Beans
California Blend
Peaches
Garlic Breadstick
Milk, Juice

Thursday, September 17

Breakfast

Mini Blueberry Pancake
Bites
Peaches
Juice, Milk

Lunch

Chicken Tenders
Potato Rounds
Carrot Sticks
Roll
Fresh Orange
Milk, Juice

Friday, September 18

Breakfast

Dutch Waffle
Mandarin Oranges
Juice
Milk

Lunch

Hamburger
Lettuce/Pickle/Tomato
Crinkle Fries
Apple
Milk, Juice



In most parts of the country, it's never easier to fill up your plate with local produce than the warm, golden days of late summer. How much of your plate can you fill with delicious and fresh local fruits and veggies?



Learn more at www.MYPLATE.gov or
<https://kidshealth.org/en/kids/nutrition/food/>

Monday, September 21

Breakfast

Pancake on a Stick
Pears
Juice, Milk

Lunch

Grilled Chicken Patty
Sandwich
Lettuce/Tomato
Crinkle Fries
Mixed Fruit
Milk, Juice

Tuesday, September 22

Breakfast

Scrambled Eggs
Toast
Fruit Cocktail
Juice, Milk

Lunch

Sloppy Joe
Broccoli
Green Beans
Pineapples
Milk, Juice

Wednesday, September 23

Breakfast

Sausage Biscuit
Peaches
Juice, Milk

Lunch

Chicken Stew w/ Rice
California Blend
Potato Salad
Applesauce Cup
Roll
Milk, Juice

Thursday, September 24

Breakfast

Grits
Cinnamon Toast
Apple
Juice
Milk

Lunch

Corn Dog
Sweet Potato Tots
Baked Beans
Mandarin Orange
Milk, Juice

Friday, September 25

Breakfast

Toaster Pastry
Applesauce Cup
Juice
Milk

Lunch

Grilled Cheese Sandwich
Vegetable Soup
Carrot Sticks
Apple
Milk, Juice

Monday, September 28

Breakfast

Blueberry Muffin
Peaches
Juice, Milk

Lunch

White Beans & Rice
w/ Sausage
Mixed Vegetable
Celery Sticks
Fresh Orange
Cornbread
Milk, Juice

Tuesday, September 29

Breakfast

Cinnamon Roll
Pears
Juice
Milk

Lunch

Country 'Oven-Fried' Steak
Mashed Potatoes
Spinach
Mixed Fruit
Roll
Milk, Juice

Wednesday, September 30

Breakfast

Breakfast Pizza
Fruit Cocktail
Juice
Milk

Lunch

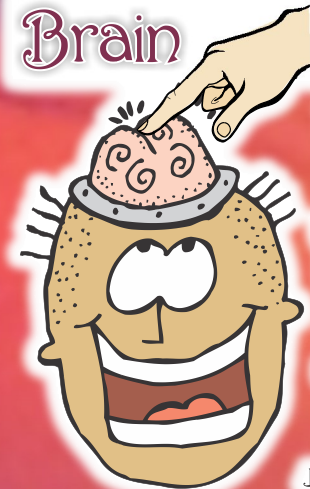
Popcorn Chicken
Texas Ranchero Beans
Carrot Coins
Pears
Roll
Milk, Juice

Word of the Month

gen·er·os·i·ty

n. 1. willingness to give to others of one's time, effort, or other support 2. unselfishness 3. good will expressed in giving and charity

Brain Ticklers



Even when you take the whole away from me, there is still some left. What am I?

(Hold the page upside down and read it in a mirror for the answer!)

The word "wholesome."