USDA is an equal opportunity provider, employer, and lender.

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

STEPHENS COUNTY SCHOOLS

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

Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
Breakfast Breakfast Variety **Lunch** Beef Nachos w/Salsa, Lettuce/Cheese Pinto Beans Cilantro Lime Rice Fruit	**Breakfast** Breakfast Variety **Lunch** Popcorn Chicken w/ Asian Rice Spring Roll Broccoli Fruit Fortune Cookie	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Corn Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Deli Sandwich Veggie Dippers Pretzels Fruit Fresh Baked Cookie

Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
 HAPPY ★LABOR★ DAY! **NO SCHOOL**	**Breakfast** Breakfast Variety **Lunch** Mini Corn Dogs Baked Beans Tator Tots Fruit	**Breakfast** Breakfast Variety **Lunch** Brunch for Lunch	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Corn Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Honey BBQ Sandwich Coleslaw Veggie Dippers Baked Chips Fruit

Students:
Breakfast-No Charge
Lunch-No Charge

Daily Options:
PBJ Sandwich,
String Cheese, Grain,
Daily Fruit/Veggie Choices
Or
Protein Power Pack
w/Yogurt, String Cheese,
Grain, & Daily Fruit/Veggie Choices

Breakfast includes assorted fruit/juice
All meals include milk choice

Harvest of the Month

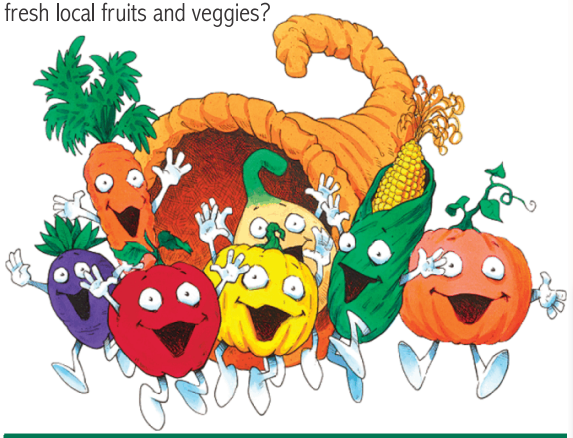
GEORGIA grown

Apples

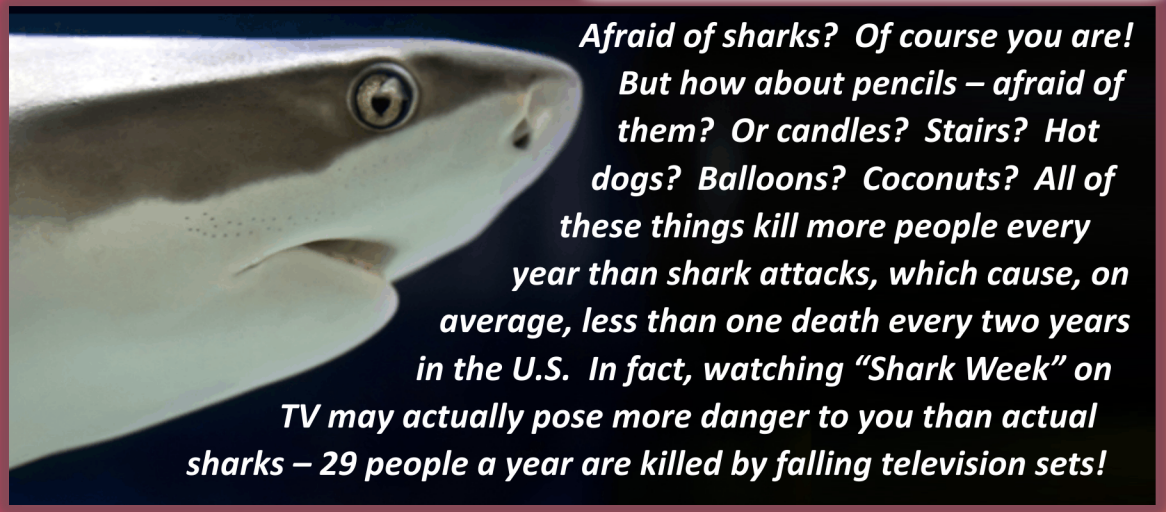
Market conditions, delivery, and availability of food may require changes in menu.

Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Breakfast Breakfast Variety **Lunch** Spaghetti & Meat Sauce Garlic Knot Glazed Carrots English Peas Fruit	**Breakfast** Breakfast Variety **Lunch** Cheese Quesadilla w/Queso Black Beans Spanish Rice Fruit	**Breakfast** Breakfast Variety **Lunch** Chicken Tenders w/roll Green Beans Mashed Potatoes Fruit	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Corn Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Hot Dog Baked Beans Broccoli Dippers Potato Smiles Fruit
Monday, September 21	**Tuesday, September 22**	**Wednesday, September 23**	**Thursday, September 24**	**Friday, September 25**
Breakfast Breakfast Variety **Lunch** Fish Sticks Hushpuppies Broccoli Black Eyed Peas Mac N Cheese Fruit	**Breakfast** Breakfast Variety **Lunch** Cowboy Nachos w/Salsa, Lettuce/Cheese Spanish Rice Refried Beans Roasted Street Corn Fruit	**Breakfast** Breakfast Variety **Lunch** Smoked Sausage & Pretzel Plate w/ Cheese Veggie Dippers Roasted Potatoes Fruit	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Peas & Carrots Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Cheeseburger Lettuce, Pickles Baked Beans French Fries Fruit Fresh Baked Cookie
Monday, September 28	**Tuesday, September 29**	**Wednesday, September 30**		
Breakfast Breakfast Variety **Lunch** Mini Calzones w/ Marinara Garlic Knot Veggie Dippers California Blend Fruit	**Breakfast** Breakfast Variety **Lunch** Walking Taco w/Salsa, Lettuce/Cheese Pinto Beans Cilantro Lime Rice Fruit	**Breakfast** Breakfast Variety **Lunch** Chicken Sandwich Lettuce, Pickles Baked Beans Tator Tots Fruit **Milk & Cookie** **World School Milk Day**		

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/



Afraid of sharks? Of course you are! But how about pencils – afraid of them? Or candles? Stairs? Hot dogs? Balloons? Coconuts? All of these things kill more people every year than shark attacks, which cause, on average, less than one death every two years in the U.S. In fact, watching "Shark Week" on TV may actually pose more danger to you than actual sharks – 29 people a year are killed by falling television sets!