



**School Information:** Roland-Story CSD is an equal opportunity provider/employer.



**Nutrition Tip:** With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**Labor Day**

2

**No School**

Crispito  
Nachos  
Green Beans  
Pears  
Milk

3

Chicken Sandwich  
Broccoli Normandy  
w/Cheese sauce  
Applesause  
Milk

4

Pizza  
Green leafy salad  
Blueberries  
Milk

5

Orange Chicken  
Pork egg roll  
Vegetable fried rice  
Mandarin oranges  
Milk

6

Corndogs  
Green beans  
Peaches  
Milk

9

Chicken Tacos  
Corn  
Diced Mango  
Milk

10

French Toast Stick  
Hash brown  
Sausage links  
Sliced oranges  
Milk

11

Sub Sandwiches  
Chips  
Baby carrots  
Pineapple  
Milk

12

Chili Cheese Dogs  
Fritos  
Corn  
Pears  
Milk

13

Pizza  
Carrots  
Grapes  
Milk

16

Walking Tacos  
Corn  
Cantaloupe chunks  
Milk

17

Meatballs  
Mashed potatoes w/gravy  
Peas  
Mixed fruit  
Milk

18

Turkey Fritters  
Corn  
Baked Apple Slices  
Milk

19

Orange Chicken  
Pork eggroll  
Vegetable fried rice  
Pineapple  
Milk

20

Chicken Nuggets  
Mashed Potatoes  
Green beans  
Peaches  
Milk

23

Beef and Bean Burrito  
Corn  
Strawberries  
Milk

24

Turkey Dog  
Mac n Cheese Bites  
Peas  
Mixed fruit  
Milk

25

Cheeseburger  
Corn  
Peaches  
Milk

26

Pancakes  
Sausage  
Hash brown  
Grapes  
Milk

27

Hot Ham and Cheese  
Sandwich  
Baked beans  
Carrots  
Milk

30

**Salad Bar and  
Fresh Fruit Bar  
Offered Daily**

**Milk offered daily:**  
White, Chocolate, and  
Strawberry Skim Milk  
White 1% Milk

