



This institution is an equal opportunity provider.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Orange Chicken
Fried Rice
Eggroll
Steamed Broccoli
Mixed Fruit
Milk

1

Turkey Sub Sandwiches
Celery w/Ranch
Apple Slices
Milk

2

Sausage & Peperoni
Calzone
Romaine Salad
Pears
Milk

3

Labor Day
No School

6

Walking Tacos
Corn
Applesauce
Milk

7

Ham & Cheese Sub
Baby carrots
Pineapple
Milk

8

Chicken and Gravy
Biscuit
Mashed Potatoes
Grapes
Milk

9

Beef Burgers
Fries
Mixed Fruit
Milk

10

Chicken Strips
Broccoli Normandy
Peaches
Milk

13

Chicken Tacos
Corn
Diced Mango
Milk

14

Spaghetti W/Meat Sauce
Breadstick
Green Beans
Applesauce
Milk

15

Shredded BBQ Chicken
Sandwich
Baked Beans
Blueberries
Milk

16

Pork Fritter Sandwich
Capri Vegetables
Sliced Strawberries
Milk

17

Cheese Pizza
Romaine Salad
Pears
Milk

20

Crispito
Chips w/Cheese
Corn
Mixed Fruit
Milk

21

Chili Cheese Dogs
Mixed Vegetables
Peaches
Milk

22

Turkey and Bacon
Flatbread
Goldfish Crackers
Baby Carrots
Orange Slices
Milk

23

Cod Nuggets
Green Beans
Applesauce
Milk

24

Chicken Sandwich
Sliced Carrots
Mandarin Oranges
Milk

27

Taco Quesadilla
Cauliflower w/Ranch
Blueberries
Milk

28

Meatballs
Mashed Potatoes w/Gravy
Mixed fruit
Dinner Roll
Milk

29

Hamburger
Fries
Peaches
Milk

30