



School Information: A LA CARTE ITEMS WILL BE CHARGED AS MARKED



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL LABOR DAY **4**

3OZ.CHICKEN TENDERS **5**
 ½ C MAC & CHEESE
 31C GREEN BEANS
 1 C FRUIT
 8 OZ. LF CHOCOLATE MILK
 8 OZ 1% MILK

7 OZ. HAMBURG STROGA **6**
 ½ C OVER NOODLES
 1 1/4 C CARROTS
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE

4 OZ. PORK BAR B Q **7**
 ON 2OZ. BUN
 ½ C BAKED BEANS
 1 C CORN
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

2 SLICE PIZZA **8**
 1C.ROMAINE SALAD
 1 C GARBONZO BEANS
 1 C FRUIT
 8 OZ. 1 % MILK
 8OZ. LF CHOCOLATE MILK

2 OZ. CHICKEN PATTY **11**
 ON 2 OZ. BUN
 ½ C BUTTERED NOODLES
 1 C PEAS
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

10 " SOFT TACOW/2OZ.M **12**
 LETTACE,TOMATO, CHEESE
 1 C FRUIT
 8OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK
 1 C REFRIED BEANS

2 OZ.ROAST TURKEY W/2 **13**
 GRAVY
 ½ C MASHED POTATOES
 1 ¼ C CARROTS
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

2 OZ.KIELBASA **14**
 ½ C RICE PILAF
 1 C GREEN BEANS
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

2 SLICE PIZZA **15**
 4 OZ. VEGGIE STICKS
 2 OZ. RANCH DRESSING
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

2 OZ HOT DOG **18**
 ON 2 OZ.BUN
 ½ C FRENCH FRIES
 1 ¼ C CARROTS
 ½ C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLTE MILK

7 OZ.SWEET & SOUR CHI **19**
 ½ C OVER RICE
 1 C BROCCOLI
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

4 OZ.SAGHETTI W/ 2 **20**
 OZ.MEATSAUCE
 2 OZ.GARLIC BREAD
 1 C CORN
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

3 OZ. FISH PATTY **21**
 ON 2 OZ. BUN
 ½ C TATER TOTS
 1 C GREEN BEANS
 1 C FRUIT
 8 OZ. 1 % MILK
 8 OZ. LF CHOCOLATE MILK

2 S LICE PIZZA **22**
 1 C ROMAINE SALAD
 1 C GARBONZO BEANS
 1 C FRUIT
 8 OZ 1 % MILK
 8OZ LF CHOCOLATE MILK

2 OZ SLOPPY JOE ON **25**
 2 OZ BUN
 ½ C BAKED BEANS
 1 C CORN
 1 C FRUIT
 8OZ 1 % MILK/LF CHOC MILK

2 OZ BAR B Q HAM **26**
 1/2/GARLIC NOODLES
 1 1/4 C CARROTS
 1 C FRUIT
 8 OZ. 1 %MILK
 8 OZ LF CHOCOLATE MILK

6 OZ.HICKEN & 1 BISCUIT **27**
 ½ C MASHED POTATOES
 1 C PEAS
 1C FRUIT
 8 OZ 1 % MILK
 8 OZ LF CHOCOLTE MILK

3 OZ TUNA/ 1 OZ CHEESE **28**
 ON 2 OZ BUN
 ½ C TATER TOTS
 1 C BROCCOLI
 1C FRUIT
 8 OZ 1 % MILK/LF CHOC MILK

2 SLICE PIZZA **29**
 4 OZ.VEGGIE STICKS
 2 OZ RANCH DRESSING
 1 C FRUIT
 8 OZ 1 % MILK
 8 OZ LF CHOCOLATE MILK