



WE OFFER A SANDWICH MEAL AS AN ALTERNATIVE TO THE HOT MEAL ITEM.



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

3

CHICKEN TENDER
MAC AND CHEESE
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK

4

HAMBURG STROGANOFF
OVER NOODLES
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK

5

PORK BAR B Q ON BUN
COLE SLAW
CORN
FRUIT
1% MILK
LF CHOCOLATE MILK

6

PIZZA
ROMAINE SALAD
FRUIT
1% MILK
LF CHOCOLATE MILK

7

CHICKEN PATTY ON BUN
TATER TOTS
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK

10

TACOS W /LETTACE
TOMATO & CHEESE
REFRIED BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK

11

BAKED HAM
PEROGIES
CORN
FRUIT
1% MILK
LF CHOCOLATE MILK

12

FISH PATTY ON BUN
FRENCH FRIES
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK

13

PIZZA
VEGGIE STICKS
FRUIT
1% MILK
LF CHOCOLATE MILK

14

HOT DOG ON BUN
FRENCH FRIES
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK

17

SWEET & SOUR CHICKEN
OVER RICE
BROCCOLI
FRUIT
1% MILK
LF CHOCOLATE MILK

18

LAZY LASAGNA
GARLIC BREAD
CORN
1% MILK
LF CHOCOLATE MILK

19

TUNA MELT ON BUN
TATER TOTS
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK

20

PIZZA
ROMAINE SALAD
FRUIT
1% MILK
LF CHOCOLATE MILK

21

CB ON BUN
BAKED BEANS
PEAS
FRUIT
1% MILK
LF CHOCOLATE MILK

24

CHICKEN FAJITAS
W LETTACE AND CHEESE
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK

25

SPAGHETTI W MEAT SAU
CORN
FRUIT
1% MILK
LF CHOCOLATE MILK

26

HOT HAM AND CHEESE
ON PRETZEL ROLL
MACARONI SALAD
FRUIT
1% MILK
LF CHOCOLATE MILK

27

PIZZA
VEGGIE STICCKS
FRUIT
1% MILK
LF CHOCOLATE MILK

28

