



Milk is offered with every meal
Menus are subject to change
USDA is an equal opportunity provider and employer



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

Labor Day

3

No School

*WG Crispito(2c) 10
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Corn(1c)
Spanish Rice(1c)
Fruit(1c)

*Spaghetti w/Meat Sauce(2c) 17
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Green Beans(1c)
Fruit(1c)
WG Hot Roll(1c)

*WG Fish Sticks(2c) 24
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Tater Babies(1c)
Fruit(1c)
WG Cookie(1c)



Tuesday

*WG Fish Sticks(2c) 4
*Parfait(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Broccoli Dippers(1c)
Fruit(1c)
WG Cookie(1c)

*WG Mac & Cheese(2c) 11
*Parfait(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Baby Carrots(1c)
Green Beans (1c)
Fruit(1c)

*WG Deli Wrap (2c) 18
*Parfait(2c)
*WG Peanut Butter/Jelly(2c)
SSC
Carrot Stick(1c)
Fruit(1c)

Managers Choice

25

Wednesday

*WG Chicken Nuggets w/BB 5)
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Baked Beans(1c)
Baby Carrot(1c)
Fruit(1c)

*WG Beef Nacho(2c) 12
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Lettuce/Tomato
Corn(1c)
WG Cookie(1c)

Vegetable Beef Soup((2c) 19
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Crackers
Fruit(1c)
WG Cookie(1c)

*WG Crispito(2c) 26
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Baby Carrots(1c)
Spanish Rice(1c)
Fruit(1c)

Thursday

*Chick Fried Steak(2c)
*Parfait(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Mashed Potato(1c)
Fruit(1c)
WG Hot Roll(1c) 6

*Scrambled Eggs(1c) 13
*Parfait(2c)
*WG Peanut Butter/Jelly(2c)
WG Biscuit(2c)
Sausage Patty(1c)
Fruit(1c)

*WG Chicken Nuggets w/BBQ(2c) 20
*Parfait(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Quick Baked Potato(1c)
Baby Carrot(1c)
Fruit(1c)

*WG Corndog(2c) 27
*Parfait(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Baked Beans(1c)
Fruit(1c)
WG Cookie(1c)

Friday

*Orange Chicken(2c) 7
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Fried Rice(1c) & Stir Fry Veggie(1c)
Eggroll(1c)
Fortune Cookie(1c)
Fruit(1c)

*Chili w/Beans ((2c) 14
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Crackers
Fruit(1c)
WG Cinnamon Roll(1c)

*Hamburger on Bun(2c) 21
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
SSC
Tater Babies(1c)
Fruit(1c)

*Pizza((2c) 28
*Chef Salad(2c)
*WG Peanut Butter/Jelly Sandwich(2)
Salad (1)
Fruit(1c)
WG Cookie(1c)

