

Monday, September 10

Chicken Parmesan Sandwich

Alternative Entrée
Fish Sandwich, Spicy Chicken or Garden Salad

Served with Choice of:
Tater Tots
Green Beans
Sliced Pears
Assorted Milk

Tuesday, September 11

Turkey Ham & Cheese on a Roll

Alternative Entrée
Fish Sandwich, Chicken Tender or Garden Salad

Served with Choice of:
Baby Carrots,
100% Fruit Juice Cup
Assorted Milk

Wed., September 12

“Have It Your Way”
Burger Day

Alternative Entrée
Fish Sandwich, Grilled Chicken or Garden Salad

Served with Choice of:
Baked Beans
Lettuce & Tomato Fixins
Orange Smiles
Assorted Milk

Thursday, September 13

Chicken Tenders & Tea Roll

Alternative Entrée
Fish Sandwich or Chef’s Choice Salads

Served with Choice of:
Steamed Broccoli
100% Fruit Juice Cup
Assorted Milk

Friday, September 14

Italian Dunkers w/Marinara Sauce

Alternative Entrée
Fish Sandwich or Chef’s Choice Salads

Served with Choice of:
Sweet Peas
Applesauce
Assorted Milk

Monday, September 17

Popcorn Chicken w/Mashed Potatoes & Tea Roll

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Spicy Chicken or Garden Salad

Served with Choice of:
Green Beans
Applesauce
Assorted Milk

Tuesday, September 18

Sliced Turkey on a Roll

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Chicken Tender or Garden Salad

Served with Choice of:
Baked Beans
Baby Carrots
100% Fruit Juice Cup
Assorted Milk

Wed., September 19



No School Today

Thursday, September 20

Chicken Nuggets & Soft Pretzel Bites

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich or Chef’s Choice Salads

Served with Choice of:
Sweet Peas
Sliced Pears
Assorted Milk

Friday, September 21

Garlic French Bread Pizza

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich or Chef’s Choice Salads

Served with Choice of:
Veggie Pick-up & Dip
Mixed Fruit
Assorted Milk

Monday, September 25

Chicken Sticks & Tea Roll

Alternative Entrées
Hamburger, Spicy Chicken or Garden Salad

Served with Choice of:
Tater Tots
Steamed Broccoli
Mixed Fruit
Assorted Milk

Tuesday, September 26

Bosco Sticks w/Marinara Sauce

Alternative Entrées
Hamburger, Chicken Tender or Garden Salad

Served with Choice of:
Potato Smiles
100% Fruit Juice Cup
Assorted Milk

Wed., September 27

Walking Chili Bowl

Alternative Entrées
Hamburger, Grilled Chicken or Garden Salad

Served with Choice of:
Corn
Fiesta Fixins
Sliced Pears
Assorted Milk

Thursday, September 28

Chicken Patty Sandwich

Alternative Entrées
Hamburger or Chef’s Choice Salads

Served with Choice of:
Seasoned Potatoes
100% Fruit Juice Cup
Assorted Milk

Friday, September 29

Pizzeria Pizza with or without Pepperoni

Alternative Entrées
Hamburger or Chef’s Choice Salads

Served with Choice of:
Veggie Pick-up & Dip
Applesauce
Assorted Milk

SADNESS **JOY**

It’s normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

What’s on YOUR plate?

HALF FRUITS AND VEGETABLES
GRAINS, MOSTLY WHOLE
PROTEIN FOODS
DAIRY

What does a pickle start out as and how does it become a pickle?

A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are “pickled” by this process, too, like sauerkraut and pickled peppers, to name just two!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html