



Monday	Tuesday	Wednesday	Thursday	Friday
	24 Baked Breaded Chicken Nuggets with Whole Grain Breading w/ Wheat Dinner Roll Local Corn on the Cobb Chilled Pears Choice of Milk	25 Pasta & Italian Meat Sauce Tossed Salad w/ Vinegar & Oil Dressing Banana Choice of Milk	26 BBQ Riblet on Whole Grain Bun Homegrown Butternut Squash Fresh Locally Grown Apple Slices Choice of Milk	27 Cheese Pizza on Whole Grain Crust Steamed Broccoli Chilled Mixed Fruit Choice of Milk
30 Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears Choice of Milk	31 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches Choice of Milk	1 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Fresh Local Cucumber Coins with Low Fat Ranch Fresh Locally Grown Apple Choice of Milk	2 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with cheese sprinkled on top Orange Smiles Choice of Milk	3 Sweet and Sour Chicken with Brown Rice Fresh Celery Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk
6 Labor Day No School	7 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Banana Choice of Milk	8 Beef Ravioli & Meat Sauce w/ Whole Grain Bread Fresh Locally Grown Corn on the Cob Fruit Crisp Choice of Milk	9 Warm Crispy Chicken with Whole Grain Breading Ranch Salad w/ Croutons & Whole Grain Dinner Roll Orange Wedges Choice of Milk	10 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
13 Baked Whole Grain Breaded Chicken Sandwich on Whole Grain Bun Baked Tater Tots Fresh Apple Choice of Milk	14 Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa Made w/ Fresh Local Tomatoes Rice & Beans Chilled Pineapples Choice of Milk	15 Turkey Hot Dog on a Whole Grain Bun w/ Oven Baked Fries Seasoned Peas & Carrots Fresh Cantaloupe Choice of Milk	16 Sloppy Joe on a Whole Grain Bun Fresh Creamy Coleslaw Made w/ Local Cabbage Orange Smiles Choice of Milk	17 Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Choice of Milk
<u>Alternate Lunches</u>				
<i>Daily:</i> Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and choice of dressing and fruit				
<i>Mondays:</i> Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk	<i>Tuesdays:</i> Tuna Salad Sandwich on Whole Wheat Baby Carrots, Fruit, and Milk	<i>Wednesdays:</i> Cereal Fun Lunch: Frosted Mini Wheat Cereal w/ Hard Boiled Egg, Baby Carrots, 100% Fruit Juice Punch, and Milk	<i>Thursdays:</i> Junior Ham & Cheese Sub w/ Fresh Cut Oranges, Celery Sticks, and Milk	<i>Fridays:</i> Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fruit, and Milk



Go to MyPyramid.gov for online personal wellness resources for you and your family.

Milk selections include: White Skim Milk or 1% Flavored Milk. All milk is artificial hormone free.

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