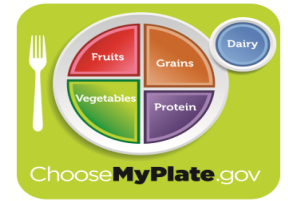


SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				L Hot Dog, Fries Broccoli and Carrots Fresh Oranges *LF/NFC Milk
4	5	6	7	8
LABOR DAY NO SCHOOL	L Hamburger on a *W W Bun, Fries Salad with ranch dressing Pears *LF/NFC Milk	L Chicken Tenders, Brown Rice Salad with ranch dressing Peaches *LF/NFC Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NFC Milk	L Ham and Cheese on a *WW Hoagie, Carrots and Celery Fresh Oranges *LF/NFC Milk
11	12	13	14	15
L Roasted Chicken Brown Rice, Broccoli Apricots *LF/NF Milk	L Taco Salad with meat and cheese with Salsa, *W Grain Chips Pineapple *LF/NF Milk	L *W W Spaghetti w/meat sauce Bread Stick, Pears Salad with ranch dressing *LF/NF Milk	L *W W Big Daddy Pizza Salad with ranch dressing dried fruit, Fresh Oranges *LF/NF Milk	L Corn Dogs, Fries Broccoli and Cauliflower Fresh Apples *LF/NF Milk
18	19	20	21	22
L Chicken Tender, *Brown Rice Salad with ranch dressing Apricots *LF/NF Milk	L Chicken Patty on a *WW Bun, Fries, Salad with ranch dressing Pears *LF/NF Milk	L Beef and Bean Enchilada Pie Salad with ranch dressing Peaches *LF/NF Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NF Milk	L Ham and Cheese on a WW Hoagie, Zucchini and Carrots, Fresh Oranges *LF/NF Milk
25	26	27	28	29
L Teriyaki Chicken, Brown Rice Salad with ranch dressing Apricots *LF/NFC Milk	L *W W Bean and Cheese Burrito Salad with ranch dressing Fruit Mix *LF/NFC Milk	L *W W Spaghetti w/meat sauce Bread Stick, Pears Salad with ranch dressing *LF/NFC Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NFC Milk	L Hot Dog, Fries Broccoli and Carrots Fresh Oranges *LF/NFC Milk



rethink
Your Drink

Choose

- .Water
- .Low Fat (1%0 or Fat Free Milk
- .100% fruit juice
- .100% vegetable juice

BREAKFAST

Each student must have 2 items
on their plate when leaving
the breakfast line.

LUNCH

Each student must have 3 items
on their plate when leaving
the lunch line.

Each student must have 1/2 cup fruit
or 1/2 cup vegetables.

One item for breakfast and lunch
must be milk.

Sandwiches are served with
mayonnaise and mustard packets

Hamburgers are served with
mustard and ketchup packets

*WW=Whole Wheat

*LF=Low Fat

*NFC=Non Fat Chocolate