

September 2016



Natural peanut butter (just peanuts and salt) and non-high fructose corn syrup jelly on whole grain sandwich bread is available every day as a menu alternative. Only whole grains are served. Fruit is offered with every meal. Chocolate skim milk (without high fructose corn syrup) and 1% milk are offered. Lunch costs \$2.75. A la carte milk is 50 cents. A second slice of pizza is \$1.50. This is a seasonal menu that will change throughout the year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 No School	6 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	7 Build-A-Burrito Bar: Refried Beans, Onion, Cheese, Lettuce, Tomato, Salsa Mixed Fruit Healthy Choice Bar	8 Orange Chicken Brown Rice Applesauce Healthy Choice Bar	9 Pesto Chicken with Whole Grain Pasta Fresh Seasonal Fruit Healthy Choice Bar	10
11	12 Crispy Chicken Sandwich Marinated Bean Salad Applesauce Healthy Choice Bar	13 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	14 Cheese Quesadilla Tomato Soup Sliced Pears Healthy Choice Bar	15 Honey Lemon Chicken Brown Rice Pilaf Sliced Peaches Healthy Choice Bar	16 Whole Grain Spaghetti with Marinara Sauce Fresh Seasonal Fruit Healthy Choice Bar	17
18	19 Beef Hamburger Whole Grain Bun Tomato, Lettuce Mixed Fruit Healthy Choice Bar	20 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	21 Build-A-Burrito Bar: Refried Beans, Onion, Cheese, Lettuce, Tomato, Salsa Mixed Fruit Healthy Choice Bar	22 Orange Chicken Brown Rice Applesauce Healthy Choice Bar	23 Pesto Chicken with Whole Grain Pasta Fresh Seasonal Fruit Healthy Choice Bar	24
25	26 Crispy Chicken Sandwich Marinated Bean Salad Applesauce Healthy Choice Bar	27 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	28 Cheese Quesadilla Tomato Soup Sliced Pears Healthy Choice Bar	29 Honey Lemon Chicken Brown Rice Pilaf Sliced Peaches Healthy Choice Bar	30 Whole Grain Spaghetti with Marinara Sauce Fresh Seasonal Fruit Healthy Choice Bar	

Menu is subject to change.

"USDA is an equal opportunity provider."