



Breakfast is available at NO charge

All breakfast meals include a whole grain breakfast food OR cold cereal. Meals include a fresh fruit, canned fruit or 100% fruit juice and milk



Lunch is available at NO charge

All lunch meals include: 2oz. protein, 1 grain/bread, one cup veggie/fruit combination and 8oz low fat or fat free milk
Milk (other than with a meal) must be paid with cash or student account



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Welcome Back!!

31

Early Dismissal

Turkey & Cheese on a Croissant
OR Bagel, Yogurt & Cheese Stick
 Veggie, Fruit & Milk

Early Dismissal

1

Ham and Cheddar Wrap
OR SunButter & Jelly Sandwich
 With Cheese Stick
 Veggie, Fruit & Milk

Early Dismissal

2

Italian Hoagie on a Roll,
 Sun Chips, **OR** Muffin, Yogurt
 & Cheese Stick
 Veggie, Fruit & Milk

Labor Day No School

5

Crispy Chicken Patty on
 a Whole Grain Roll,
 Oven Fries **OR** Bagel, Yogurt,
 Cheese Stick,
 Veggie, Fruit & Milk

Baked Pretzel with
 Yogurt, & Cheese Stick
OR Deli Sandwich
 Veggie, Fruit & Milk

7

All Beef Hot Dog on a
 Bun, Baked Beans,
OR, Manager's Choice
 Veggie, Fruit & Milk

8

Personal Pan Cheese
 Pizza **OR** SunButter &
 Jelly Sandwich With Cheese Stick
 Veggie, Fruit & Milk

9

Teriyaki Chicken
 Fried Rice, Broccoli,
 Fortune Cookie, **OR**
 Sunflower & Jelly Sandwich
 Veggie, Fruit & Milk

12

Mozzarella Sticks With
 Marinara Sauce, Tossed
 Salad, **OR**, Bagel, Yogurt, Cheese
 Stick
 Veggie, Fruit & Milk

13

Grilled Cheese Sandwich
 With Baked Chips, **OR**
 Manager's Choice
 Veggie, Fruit & Milk

14

Cheeseburger or Veggie
 Burger on a Whole Grain
 Roll, Potato Tots, **OR**
 Deli Sandwich
 Veggie, Fruit & Milk

15

French Bread Pizza
OR, Sunflower & Jelly
 Sandwich
 Veggie, Hummus, Fruit & Milk

16

BBQ Chicken Tenders
 With Coleslaw & Corn
 Muffin, **OR**, Deli Sandwich
 Fruit, Veggie & Milk

19

Cheese Calzone With
 Marinara Sauce, Caesar
 Salad W/ Croutons, **OR**
 Sunbutter & Jelly Sandwich
 Fruit, Veggie & Milk

20

Chicken and Cheese
 Wrap With Pretzels, **OR**
 Yogurt Parfait With Granola
 Veggie, Fruit & Milk

21

Beef Nachos With
 Cheese & Sour Cream
 Refried Beans, **OR**, Muffin, Yogurt
 and Cheeses Stick

22

Cheese Quesadilla Pizza
 With Marinated
 Cucumbers/ Tomatoes, **OR**,
 Manager's Choice
 Veggie, Fruit & Milk

23

Rosh Hashanah No School

26

Grilled Chicken Club
 Sandwich, Sweet Potato Fries
OR, Bagel, Yogurt, Cheese Stick
 Veggie, Fruit & Milk

27

Cinnamon French Toast
 Chicken Sausage, Hash Brown
OR, Sunbutter & Jelly Sandwich,
 Cheese Stick
 Veggie, Fruit & Milk

28

Mini Corn Dog Nuggets
 With Corn Coblette & Beans
OR, Deli Sandwich
 Veggie, Fruit & Milk

29

Stuffed Crust Pizza
 Wedge, Fresh Broccoli
 & Dip, **OR**, Muffin, Yogurt, Cheese
 Stick
 Veggie, Fruit & Milk

30