




# SEPTEMBER 2013

All menus are subject to change

All adults eating must report to the office by 9:00 A.M.

USDA is an equal opportunity provider and employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b> Hot Ham/Cheese Whole Wheat Bun Lettuce Baked Beans Peas Tropical Fruit    Milk	<b>4</b> Chicken Tetrzzini California Blend w/Zucchini Applesauce Italian Breadstick Milk	<b>5</b> <b>No Salad Bar M.S/H.S.</b> Chicken Nuggets Baked Potato Broccoli & Cheese Peaches WW Roll Milk	<b>6</b> Quesadilla Vegetable Bar Refried Beans Carrots Grapes & Pears Milk
<b>9</b> Cheeseburger Shoestring Fries Baked Beans Pear's Milk	<b>10</b> Chicken & Noodles Mashed Potatoes Carrots & Celery Pineapple/Bananas/Oranges Biscuit Milk	<b>11</b> Oven Fried Chicken Breast Potatoes & Gravy Broccoli Peaches Whole Wheat Roll Milk	<b>12</b> Hot Dog Tater Gems Glazed Carrots Apple 1/2 Choc. Chip Cookie—HS only Milk	<b>13</b> Taco Salad/Bar Refried Beans Applesauce Blueberry Muffin—HS/MS Milk
<b>16</b> Mini Corn Dogs Natural Crisp Celery w/ Peanut Butter Peaches Milk*	<b>17</b> Spaghetti Green Beans Grapes Breadstick---HS only Milk	<b>18</b> Chicken Fajita Lettuce/Tomato/Cheese Corn & Black Beans Watermelon Ice Cream Milk	<b>19</b> Grilled Chicken on WW Bun Green Beans Pasta Salad Pineapple Milk	<b>20</b> G.S.    H.S. Sausage Pizza / Fr.Bread Sausage Corn Vegetable Bar Peaches Milk
<b>23</b> Professional Learning Day ---- No School	<b>24</b> Macaroni & Cheese Little Smokies Green Beans Celery Apple ½ Muffin---HS only Milk	<b>25</b> Creamed Chicken Mashed Potatoes Peas Fresh Mini Carrots Juice Whole Wheat Roll Milk	<b>26</b> Turkey Sub Lettuce / Tomato Potato Mix Banana Graham Crackers—HS only Milk	<b>27</b> Soft Taco Vegetable Bar Refried Beans Pineapple Kansas Coffeecake-HSonly Milk
<b>30</b> Chicken Strips Creamed Potatoes Broccoli Pineapple Whole Wheat Roll Milk			<b>Breakfast:</b> Eating breakfast is probably the best thing you can do for your body. It gets your metabolism going, and gets your body and mind going so you can concentrate and perform better on schoolwork. It is also a good way to for people dieting to lose weight. Since your metabolism is going, you lose more calories. So make sure you eat breakfast before you go to school. Designed by: Paul Frank	

