



**School Information:** We are an equal opportunity provider. All meals served with low fat milk choice & entrée choice.



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

NO SCHOOL  
LABOR DAY

Chicken & noodles **1**  
Mashed potatoes peas  
Wg dinner roll fruit milk

Hot ham & cheese sand **2**  
WG chips Apples Milk  
Wg cookie Fresh veggies

Italian dunkers w/mt sauce **3**  
Tossed salad  
Fruit cup milk

Mandarin Orange Ckn **4**  
Steamed rice Oriental veggies  
Mandarin oranges milk

NO SCHOOL  
LABOR DAY

Scalloped potato ham **8**  
Wg dinner roll  
Green beans fruit milk

BBQ Rib sandwich **9**  
WG chips Fruit cup  
Baked Beans Milk

Ravioli w/beef **10**  
WG dinner roll Peaches  
Mixed vegetables Milk

Crispitos w/chili & ch **11**  
WG Brownie Pears  
Tossed salad Milk

Tuna Tetrazini **14**  
WG dinner roll Peas  
Applesauce w/jello Milk

Texas spaghetti **15**  
WG Fr. Bread tossed salad  
Mixed fruit Milk

Deli sandwich **16**  
WG chips Oranges  
Fresh veggie cup Milk

NO SCHOOL  
PARENT/TEACHER  
CONFERENCES

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Lasagna **21**  
WG Fr. Bread Tossed salad  
Fruit milk

Pig in a blanket **22**  
Baked beans Wg cookie  
Wg chips Watermelon milk

Hamburger w/wg bun **23**  
French Fries Corn  
Apples Milk

Cheeseburger macaroni **24**  
Green beans Strawberries  
Wg dinner roll Milk

Soft shell taco **25**  
Spanish rice Refried beans  
Pineapple tidbits Milk

Chicken Nuggets **28**  
Mashed potatoes Milk  
Mixed vegetables Wg dinner roll

Quesadilla **29**  
Refried beans Wg cookie  
Jello w/fruit Milk

Meatball sub sandwich **30**  
Pasta salad Milk  
Dill pickle spear Fruit

