



Choice of 1% or skim milk
Offered daily!!
Menu subject to change



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



**Labor
Day
No
School**

4

Pizza
Tossed salad 1oz ranch
Breadstick
Pineapple tidbits
Milk

5

Chicken nuggets
Oven fries, 1oz ketchup
Carrots 1oz ranch
Orange smiles
Milk

6

Spaghetti W/meat sauce
Green beans
Breadstick
Diced pears
Milk

7

Bean and cheese burrito
Red chili
Tossed salad 1oz ranch
Applesauce
milk

8

Cheeseburger on WG bun
lettuce tomato, oven fries 1oz mayo
1oz ketchup 1oz mustard
orange smiles, milk

11

Chicken Quesadilla
Corn, 1oz salsa
Peaches
milk

12

Frito pie, cheese
Lettuce tomato
Fresh WG roll
Applesauce
milk

13

Chicken patty on WG bun
Lettuce tomato, 1oz mayo
Oven fries 1oz ketchup
Orange smiles
Milk

14

Beef tacos, cheese
Lettuce tomato
1oz salsa corn
Diced pears
Milk

15

Chicken fajitas on WG tortill
Cheese, pinto beans
1oz Salsa
Applesauce
Milk

18

Charbroiled beef patty
Whipped potatoes, gravy
Green beans, fresh WG roll
Diced pears
Milk

19

Chicken soft tacos
Cheese lettuce tomato
Corn 1oz salsa
Applesauce
Milk

20

Grilled cheese
Carrots/cucumbers 1oz ranch
Oven fries 1oz ketchup
Orange smiles
Milk

21

Red chili enchiladas
Pinto beans, lettuce tomato
Fresh WG roll
Applesauce
Milk

22

Frito pie, cheese
Lettuce tomato
Fresh WG roll
Deiced peaches
Milk

25

Grilled ham and cheese
Carrots and celery 1oz ranch
Tater tots 1oz ketchup
Orange smiles
Milk

26

Green chili chicken enchilada
Lettuce tomato pinto beans
Fresh WG roll
Applesauce
Milk

27

Turkey Corn dog 1oz mustar
Oven fries 1oz ketchup
Carrots 1oz ranch
Orange smiles
Milk

28

Pizza
Tossed salad 1oz ranch
Pineapple tidbits
milk

29