



September Breakfast Menu

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

Student's choice of skim or 1% milk provided at every meal.



LAUNCH YOUR DAY WITH BREAKFAST!

Wake up and fuel up to help your day take off!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal low fat cheese stick fresh cantaloupe
4 <p>labor day</p> <p>no school</p>	5 <ul style="list-style-type: none"> whole grain waffles with all natural syrup turkey sausage fresh orange wedges 	6 <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit strawberry jelly fresh banana 100% grape juice 	7 <ul style="list-style-type: none"> cinnamon oatmeal whole wheat toast with grape jelly fresh apple 	8 <ul style="list-style-type: none"> whole grain rice chex cereal whole wheat graham crackers fresh cantaloupe
11 <ul style="list-style-type: none"> strawberry yogurt whole grain blueberry pomegranate oatmeal bar fresh watermelon 	12 <ul style="list-style-type: none"> warm whole grain banana bread fresh orange wedges 	13 <ul style="list-style-type: none"> spinach & feta omelet whole wheat english muffin with strawberry jelly fresh banana 100% grape juice 	14 <ul style="list-style-type: none"> whole wheat bagel with low fat cream cheese fresh apple 	15 <ul style="list-style-type: none"> whole grain blueberry mini spooners cereal low fat cheese stick fresh cantaloupe
18 <ul style="list-style-type: none"> whole wheat english muffin with strawberry jelly low fat cheese stick fresh watermelon 	19 <ul style="list-style-type: none"> whole grain pancake with all natural syrup turkey sausage fresh orange wedges 	20 <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit grape jelly fresh banana 100% grape juice 	21 <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh apple 	22 <p>professional development day</p> <p>no school</p>
25 <ul style="list-style-type: none"> strawberry banana yogurt whole grain strawberry oatmeal bars fresh watermelon 	26 <ul style="list-style-type: none"> whole wheat french toast with all natural syrup turkey sausage fresh orange wedges 	27 <ul style="list-style-type: none"> turkey bacon & egg bake whole wheat english muffin with strawberry jelly fresh banana 100% grape juice 	28 <ul style="list-style-type: none"> brown sugar oatmeal whole wheat toast with grape jelly fresh apple 	29 <ul style="list-style-type: none"> whole grain cinnamon flakes cereal low fat cheese stick fresh cantaloupe



September Breakfast Menu

EARLY CHILDHOOD

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				1 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal fresh cantaloupe
4 <p>labor day</p> <p>no school</p>	5 <ul style="list-style-type: none"> whole grain waffles with all natural syrup fresh orange wedges 	6 <ul style="list-style-type: none"> whole grain biscuit with strawberry jelly fresh banana 	7 <ul style="list-style-type: none"> cinnamon oatmeal fresh apple 	8 <ul style="list-style-type: none"> whole grain rice chex cereal fresh cantaloupe
11 <ul style="list-style-type: none"> strawberry yogurt whole wheat graham crackers fresh watermelon 	12 <ul style="list-style-type: none"> warm whole grain banana bread fresh orange wedges 	13 <ul style="list-style-type: none"> whole wheat english muffin with strawberry jelly fresh banana 	14 <ul style="list-style-type: none"> whole wheat bagel with low fat cream cheese fresh apple 	15 <ul style="list-style-type: none"> whole grain blueberry mini spooners cereal fresh cantaloupe
18 <ul style="list-style-type: none"> whole wheat english muffin with strawberry jelly fresh watermelon 	19 <ul style="list-style-type: none"> whole grain pancake with all natural syrup fresh orange wedges 	20 <ul style="list-style-type: none"> whole grain biscuit with grape jelly fresh banana 	21 <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh apple 	22 <p>professional development day</p> <p>no school</p>
25 <ul style="list-style-type: none"> strawberry banana yogurt whole wheat graham crackers fresh watermelon 	26 <ul style="list-style-type: none"> whole wheat french toast with all natural syrup fresh orange wedges 	27 <ul style="list-style-type: none"> turkey bacon & egg bake fresh banana 	28 <ul style="list-style-type: none"> brown sugar oatmeal fresh apple 	29 <ul style="list-style-type: none"> whole grain cinnamon flakes cereal fresh cantaloupe



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Keep an eye out for **orange highlights** to find these winning items on your menu each month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> • turkey club on whole wheat bread • baby carrots with house ranch dressing • fresh watermelon
4 <p style="text-align: center;">labor day</p> <p style="text-align: center;">no school</p>	5 <ul style="list-style-type: none"> • grilled chicken sandwich on a whole wheat bun with lettuce & tomato • baby carrots with house ranch dressing • fresh pear 	6 <ul style="list-style-type: none"> • beef burger on a whole wheat bun • bbq baked beans • fresh apple 	7 <ul style="list-style-type: none"> • pulled bbq chicken on a whole wheat bun • baked potato fries • fresh orange wedges 	8 <ul style="list-style-type: none"> • roasted turkey with brown gravy • whole grain cornbread muffin • mashed sweet potatoes • fresh watermelon
11 <ul style="list-style-type: none"> • whole grain flatbread Italian sausage and cheese pizza • kale salad & soy dressing • fresh peach 	12 <ul style="list-style-type: none"> • cajun catfish • brown rice • steamed corn • fresh pear 	13 <ul style="list-style-type: none"> • turkey bolognese over whole wheat pasta • mixed greens salad with italian dressing • fresh apple 	14 <ul style="list-style-type: none"> • buffalo chicken drum • whole grain cornbread muffin • baby carrots with house ranch dressing • fresh orange wedges 	15 <ul style="list-style-type: none"> • turkey ham & cheddar on a whole wheat bun • cheesy broccoli • fresh watermelon
18 <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun • steamed corn • fresh peach 	19 <ul style="list-style-type: none"> • grilled chicken sandwich on a whole wheat bun with lettuce & tomato • baby carrots with house ranch dressing • fresh pear 	20 <ul style="list-style-type: none"> • whole wheat baked ziti with mozzarella • roasted yellow squash • fresh apple 	21 <ul style="list-style-type: none"> • herb roasted chicken drum • whole grain cornbread muffin • sweet potato fries • fresh orange wedges 	22 <p style="text-align: center;">professional development day</p> <p style="text-align: center;">no school</p>
25 <ul style="list-style-type: none"> • turkey meatball sub on a whole wheat hoagie • roasted cauliflower • fresh peach 	26 <ul style="list-style-type: none"> • beef soft taco in a whole wheat tortilla • chili black beans • tomato salsa • fresh pear 	27 <ul style="list-style-type: none"> • crispy fish sandwich on a whole wheat bun • sautéed green beans • fresh apple 	28 <ul style="list-style-type: none"> • oven fried chicken drum • whole grain cornbread muffin • braised collard greens • fresh orange wedges 	29 <ul style="list-style-type: none"> • turkey club on whole wheat bread • baby carrots with house ranch dressing • fresh watermelon



September Lunch Menu

ELEMENTARY & MIDDLE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> • turkey club on whole wheat bread • baby carrots & snap peas with house ranch dressing • fresh watermelon
4 <p>labor day</p> <p>no school</p>	5 <ul style="list-style-type: none"> • buffalo chicken sandwich on a whole wheat bun with lettuce & tomato • baby carrots with house ranch dressing • fresh pear 	6 <ul style="list-style-type: none"> • beef burger on a whole wheat bun • bbq baked beans • steamed corn • fresh apple 	7 <ul style="list-style-type: none"> • pulled bbq chicken on a whole wheat bun • baked potato fries • cole slaw • fresh orange wedges 	8 <ul style="list-style-type: none"> • roasted turkey with brown gravy • whole grain cornbread muffin • savory sautéed kale • mashed sweet potatoes • fresh watermelon
11 <ul style="list-style-type: none"> • whole grain flatbread Italian sausage and cheese pizza • kale salad with red peppers & soy dressing • fresh peach 	12 <ul style="list-style-type: none"> • cajun catfish • brown rice • black eyed peas • steamed corn • fresh pear 	13 <ul style="list-style-type: none"> • turkey bolognese over whole wheat pasta • mixed greens salad with cucumbers & italian dressing • fresh apple 	14 <ul style="list-style-type: none"> • buffalo chicken drum • whole grain cornbread muffin • baby carrots & celery sticks with house ranch dressing • fresh orange wedges 	15 <ul style="list-style-type: none"> • turkey ham & cheddar on a whole wheat bun • potato salad • cheesy broccoli • fresh watermelon
18 <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun • bbq baked beans • steamed corn • fresh peach 	19 <ul style="list-style-type: none"> • grilled chicken sandwich on a whole wheat bun with lettuce & tomato • baby carrots with house ranch dressing • fresh pear 	20 <ul style="list-style-type: none"> • whole wheat baked ziti with mozzarella • kale caesar salad with parmesan dressing • roasted yellow squash • fresh apple 	21 <ul style="list-style-type: none"> • herb roasted chicken drum • whole grain cornbread muffin • sweet potato fries • buttered green peas • fresh orange wedges 	22 <p>professional development day</p> <p>no school</p>
25 <ul style="list-style-type: none"> • turkey meatball sub on a whole wheat hoagie • side caesar salad with parmesan dressing • roasted cauliflower • fresh peach 	26 <ul style="list-style-type: none"> • beef soft taco in a whole wheat tortilla • chili black beans • tomato salsa • fresh pear 	27 <ul style="list-style-type: none"> • crispy fish sandwich on a whole wheat bun • sautéed green beans • roasted red potatoes • fresh apple 	28 <ul style="list-style-type: none"> • oven fried chicken drum • whole grain cornbread muffin • braised collard greens • steamed corn • fresh orange wedges 	29 <ul style="list-style-type: none"> • turkey club on whole wheat bread • baby carrots & snap peas with house ranch dressing • fresh watermelon



September Vegetarian Lunch Menu

ELEMENTARY & MIDDLE

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FRESH FEATURE FRIDAY

On Fridays throughout the month, we taste test new vegetables and recipes so you can sample and vote on your favorites.

Keep an eye out for **orange highlights** to find these winning items on your menu each month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> • grilled cheese on whole wheat bread • baby carrots & snap peas with house ranch dressing • fresh watermelon
4 <p>labor day</p> <p>no school</p>	5 <ul style="list-style-type: none"> • sunbutter & jelly sandwich on a whole wheat bun • lettuce & tomato • baby carrots with house ranch dressing • fresh pear 	6 <ul style="list-style-type: none"> • veggie burger on a whole wheat bun • bbq baked beans • steamed corn • fresh apple 	7 <ul style="list-style-type: none"> • on the go sloppy joe on a whole wheat bun • baked potato fries • cole slaw • fresh orange wedges 	8 <ul style="list-style-type: none"> • egg salad • whole grain cornbread muffin • savory sautéed kale • mashed sweet potatoes • fresh watermelon
11 <ul style="list-style-type: none"> • whole grain flatbread cheese pizza • kale salad with red peppers & soy dressing • fresh peach 	12 <ul style="list-style-type: none"> • bbq tofu bites • brown rice • black eyed peas • steamed corn • fresh pear 	13 <ul style="list-style-type: none"> • whole wheat baked ziti with mozzarella • mixed greens salad with cucumbers & italian dressing • fresh apple 	14 <ul style="list-style-type: none"> • egg salad • whole grain cornbread muffin • baby carrots & celery sticks with house ranch dressing • fresh orange wedges 	15 <ul style="list-style-type: none"> • grilled cheese on whole wheat bread • potato salad • cheesy broccoli • fresh watermelon
18 <ul style="list-style-type: none"> • veggie burger on a whole wheat bun • bbq baked beans • steamed corn • fresh peach 	19 <ul style="list-style-type: none"> • egg salad on a whole wheat bun with lettuce & tomato • baby carrots with house ranch dressing • fresh pear 	20 <ul style="list-style-type: none"> • whole wheat mac & cheese • kale caesar salad with parmesan dressing • roasted yellow squash • fresh apple 	21 <ul style="list-style-type: none"> • bbq tofu bites • whole grain cornbread muffin • sweet potato fries • buttered green peas • fresh orange wedges 	22 <p>professional development day</p> <p>no school</p>
25 <ul style="list-style-type: none"> • whole grain flatbread cheese pizza • side caesar salad with parmesan dressing • roasted cauliflower • fresh peach 	26 <ul style="list-style-type: none"> • sofritas tofu soft taco in a whole wheat tortilla • chili black beans • tomato salsa • fresh pear 	27 <ul style="list-style-type: none"> • sunbutter & jelly sandwich on a whole wheat bun • sautéed green beans • roasted red potatoes • fresh apple 	28 <ul style="list-style-type: none"> • egg salad • whole grain cornbread muffin • braised collard greens • steamed corn • fresh orange wedges 	29 <ul style="list-style-type: none"> • grilled cheese on whole wheat bread • baby carrots & snap peas with house ranch dressing • fresh watermelon



September Lunch Menu

HIGH SCHOOL

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FRESH FEATURE FRIDAY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> • turkey club on whole wheat bread • baby carrots & snap peas with house ranch dressing • fresh watermelon
4 <ul style="list-style-type: none"> • labor day • no school 	5 <ul style="list-style-type: none"> • herb roasted chicken drum • whole grain biscuit • romaine salad • baby carrots with house ranch dressing • fresh pear 	6 <ul style="list-style-type: none"> • beef burger on a whole wheat bun • bbq baked beans • steamed corn • fresh apple 	7 <ul style="list-style-type: none"> • pulled bbq chicken on a whole wheat bun • baked potato fries • cole slaw • fresh orange wedges 	8 <ul style="list-style-type: none"> • roasted turkey with brown gravy • whole grain cornbread muffin • savory sautéed kale • mashed sweet potatoes • fresh watermelon
11 <ul style="list-style-type: none"> • whole grain flatbread Italian sausage and cheese pizza • kale salad with red peppers & soy dressing • fresh peach 	12 <ul style="list-style-type: none"> • cajun catfish • brown rice • black eyed peas • steamed corn • fresh pear 	13 <ul style="list-style-type: none"> • turkey bolognese over whole wheat pasta • whole wheat roll • mixed greens salad cucumbers, tomatoes & italian dressing • fresh apple 	14 <ul style="list-style-type: none"> • buffalo chicken drum • whole grain cornbread muffin • baby carrots & celery sticks with house ranch dressing • fresh orange wedges 	15 <ul style="list-style-type: none"> • turkey ham & cheddar on a whole wheat bun • potato salad • cheesy broccoli • fresh watermelon
18 <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun • bbq baked beans • steamed corn • fresh peach 	19 <ul style="list-style-type: none"> • grilled chicken sandwich on a whole wheat bun with lettuce & tomato • baby carrots with house ranch dressing • fresh pear 	20 <ul style="list-style-type: none"> • whole wheat baked ziti with mozzarella • kale caesar salad with parmesan dressing • roasted yellow squash • fresh apple 	21 <ul style="list-style-type: none"> • herb roasted chicken drum • whole grain cornbread muffin • sweet potato fries • buttered green peas • fresh orange wedges 	22 <p>professional development day</p> <p>no school</p>
25 <ul style="list-style-type: none"> • turkey meatball sub on a whole wheat hoagie • side caesar salad with parmesan dressing • roasted cauliflower • fresh peach 	26 <ul style="list-style-type: none"> • beef soft taco in a whole wheat tortilla • whole grain corn tortilla chips • chili black beans • tomato salsa • fresh pear 	27 <ul style="list-style-type: none"> • crispy fish sandwich on a whole wheat bun • sautéed green beans • roasted red potatoes • fresh apple 	28 <ul style="list-style-type: none"> • oven fried chicken drum • whole grain cornbread muffin • braised collard greens • steamed corn • fresh orange wedges 	29 <ul style="list-style-type: none"> • turkey club on whole wheat bread • baby carrots & snap peas with house ranch dressing • fresh watermelon



September Vegetarian Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> grilled cheese on whole wheat bread baby carrots & snap peas with house ranch dressing fresh watermelon
4 <p>labor day</p> <p>no school</p>	5 <ul style="list-style-type: none"> sunbutter & jelly sandwich on a whole wheat bun romaine salad baby carrots with house ranch dressing fresh pear 	6 <ul style="list-style-type: none"> veggie burger on a whole wheat bun bbq baked beans steamed corn fresh apple 	7 <ul style="list-style-type: none"> on the go sloppy joe on a whole wheat bun baked potato fries cole slaw fresh orange wedges 	8 <ul style="list-style-type: none"> egg salad whole grain cornbread muffin savory sautéed kale mashed sweet potatoes fresh watermelon
11 <ul style="list-style-type: none"> whole grain flatbread cheese pizza kale salad with red peppers & soy dressing fresh peach 	12 <ul style="list-style-type: none"> bbq tofu bites brown rice black eyed peas steamed corn fresh pear 	13 <ul style="list-style-type: none"> whole wheat baked ziti with mozzarella whole wheat roll mixed greens salad cucumbers, tomatoes & italian dressing fresh apple 	14 <ul style="list-style-type: none"> egg salad whole grain cornbread muffin baby carrots & celery sticks with house ranch dressing fresh orange wedges 	15 <ul style="list-style-type: none"> grilled cheese on whole wheat bread potato salad cheesy broccoli fresh watermelon
18 <ul style="list-style-type: none"> veggie burger on a whole wheat bun bbq baked beans steamed corn fresh peach 	19 <ul style="list-style-type: none"> egg salad on a whole wheat bun with lettuce & tomato baby carrots with house ranch dressing fresh pear 	20 <ul style="list-style-type: none"> whole wheat mac & cheese kale caesar salad with parmesan dressing roasted yellow squash fresh apple 	21 <ul style="list-style-type: none"> bbq tofu bites whole grain cornbread muffin sweet potato fries buttered green peas fresh orange wedges 	22 <p>professional development day</p> <p>no school</p>
25 <ul style="list-style-type: none"> whole grain flatbread cheese pizza side caesar salad with parmesan dressing roasted cauliflower fresh peach 	26 <ul style="list-style-type: none"> sofritas tofu soft taco in a whole wheat tortilla tortilla chips chili black beans tomato salsa fresh pear 	27 <ul style="list-style-type: none"> sunbutter & jelly sandwich on a whole wheat bun sautéed green beans roasted red potatoes fresh apple 	28 <ul style="list-style-type: none"> egg salad whole grain cornbread muffin braised collard greens steamed corn fresh orange wedges 	29 <ul style="list-style-type: none"> grilled cheese on whole wheat bread baby carrots & snap peas with house ranch dressing fresh watermelon



September Salad Menu

MIDDLE & HIGH SCHOOL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> • cobb salad with turkey over mixed greens with whole grain croutons & Italian dressing • whole wheat roll
4 <p style="text-align: center;">labor day</p> <p style="text-align: center;">no school</p>	5 <ul style="list-style-type: none"> • chef salad with cheddar over mixed greens with whole grain croutons & honey mustard dressing • whole wheat roll 	6 <ul style="list-style-type: none"> • diced turkey ham over spinach with whole grain croutons & poppy seed dressing • whole wheat roll 	7 <ul style="list-style-type: none"> • buffalo chicken salad over romaine lettuce with whole grain croutons & house ranch dressing • whole wheat roll 	8 <ul style="list-style-type: none"> • cobb salad with turkey over mixed greens with whole grain croutons & Italian dressing • whole wheat roll
11 <ul style="list-style-type: none"> • chicken caesar salad over romaine lettuce with whole grain croutons & parmesan dressing • whole wheat roll 	12 <ul style="list-style-type: none"> • chef salad with cheddar over mixed greens with whole grain croutons & honey mustard dressing • whole wheat roll 	13 <ul style="list-style-type: none"> • diced turkey ham over spinach with whole grain croutons & poppy seed dressing • whole wheat roll 	14 <ul style="list-style-type: none"> • buffalo chicken salad over romaine lettuce with whole grain croutons & house ranch dressing • whole wheat roll 	15 <ul style="list-style-type: none"> • cobb salad with turkey over mixed greens with whole grain croutons & Italian dressing • whole wheat roll
18 <ul style="list-style-type: none"> • chicken caesar salad over romaine lettuce with whole grain croutons & parmesan dressing • whole wheat roll 	19 <ul style="list-style-type: none"> • chef salad with cheddar over mixed greens with whole grain croutons & honey mustard dressing • whole wheat roll 	20 <ul style="list-style-type: none"> • diced turkey ham over spinach with whole grain croutons & poppy seed dressing • whole wheat roll 	21 <ul style="list-style-type: none"> • buffalo chicken salad over romaine lettuce with whole grain croutons & house ranch dressing • whole wheat roll 	22 <p style="text-align: center;">professional development day</p> <p style="text-align: center;">no school</p>
25 <ul style="list-style-type: none"> • chicken caesar salad over romaine lettuce with whole grain croutons & parmesan dressing • whole wheat roll 	26 <ul style="list-style-type: none"> • chef salad with cheddar over mixed greens with whole grain croutons & honey mustard dressing • whole wheat roll 	27 <ul style="list-style-type: none"> • diced turkey ham over spinach with whole grain croutons & poppy seed dressing • whole wheat roll 	28 <ul style="list-style-type: none"> • buffalo chicken salad over romaine lettuce with whole grain croutons & house ranch dressing • whole wheat roll 	29 <ul style="list-style-type: none"> • cobb salad with turkey over mixed greens with whole grain croutons & Italian dressing • whole wheat roll



September Sandwich Menu

HIGH SCHOOL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> turkey meatball sub with provolone cheese on a whole wheat hoagie
4 <p>labor day</p> <p>no school</p>	5 <ul style="list-style-type: none"> turkey club with turkey bacon, lettuce & tomato on whole wheat bread 	6 <ul style="list-style-type: none"> buffalo chicken sandwich with lettuce & tomato on a whole wheat bun 	7 <ul style="list-style-type: none"> grown-up grilled cheese with cheddar, turkey bacon & tomato on whole wheat bread 	8 <ul style="list-style-type: none"> turkey meatball sub with provolone cheese on a whole wheat hoagie
11 <ul style="list-style-type: none"> grilled chicken sandwich with lettuce & tomato on a whole wheat bun 	12 <ul style="list-style-type: none"> turkey club with turkey bacon, lettuce & tomato on whole wheat bread 	13 <ul style="list-style-type: none"> buffalo chicken sandwich with lettuce & tomato on a whole wheat bun 	14 <ul style="list-style-type: none"> grown-up grilled cheese with cheddar, turkey bacon & tomato on whole wheat bread 	15 <ul style="list-style-type: none"> turkey meatball sub with provolone cheese on a whole wheat hoagie
18 <ul style="list-style-type: none"> grilled chicken sandwich with lettuce & tomato on a whole wheat bun 	19 <ul style="list-style-type: none"> turkey club with turkey bacon, lettuce & tomato on whole wheat bread 	20 <ul style="list-style-type: none"> buffalo chicken sandwich with lettuce & tomato on a whole wheat bun 	21 <ul style="list-style-type: none"> grown-up grilled cheese with cheddar, turkey bacon & tomato on whole wheat bread 	22 <p>professional development day</p> <p>no school</p>
25 <ul style="list-style-type: none"> grilled chicken sandwich with lettuce & tomato on a whole wheat bun 	26 <ul style="list-style-type: none"> turkey club with turkey bacon, lettuce & tomato on whole wheat bread 	27 <ul style="list-style-type: none"> buffalo chicken sandwich with lettuce & tomato on a whole wheat bun 	28 <ul style="list-style-type: none"> grown-up grilled cheese with cheddar, turkey bacon & tomato on whole wheat bread 	29 <ul style="list-style-type: none"> turkey meatball sub with provolone cheese on a whole wheat hoagie



September Supper Menu

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DID YOU KNOW?

Our supper meals provide all five groups on MyPlate: Grains, Protein, Fruit, Vegetables and Dairy! For more information on MyPlate, visit:

www.choosemyplate.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <ul style="list-style-type: none"> tuna salad on a whole wheat bun corn & tomato salad chilled applesauce
<p>4</p> <p>labor day</p> <p>no school</p>	<p>5</p> <ul style="list-style-type: none"> string cheese strawberry banana yogurt whole wheat ranch crackers cherry tomatoes with house ranch dressing fresh cantaloupe 	<p>6</p> <ul style="list-style-type: none"> chicken salad on a whole wheat bun cauliflower florets with asian dressing fresh orange wedges 	<p>7</p> <ul style="list-style-type: none"> herb roasted chicken over mixed greens with whole grain croutons & Italian dressing fresh banana 	<p>8</p> <ul style="list-style-type: none"> tuna salad whole wheat crackers celery sticks with honey mustard dressing chilled applesauce
<p>11</p> <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun baby carrots with house ranch dressing 100% grape juice 	<p>12</p> <ul style="list-style-type: none"> caesar salad with mozzarella over romaine lettuce with whole grain croutons & parmesan cream dressing fresh cantaloupe 	<p>13</p> <ul style="list-style-type: none"> sunbutter & jelly sandwich on whole wheat bread broccoli crowns with poppy seed dressing fresh orange wedges 	<p>14</p> <ul style="list-style-type: none"> diced turkey ham over spinach with whole grain croutons & honey mustard dressing fresh banana 	<p>15</p> <ul style="list-style-type: none"> chicken salad whole wheat crackers tomato & cucumber salad chilled applesauce
<p>18</p> <ul style="list-style-type: none"> turkey club on a whole wheat bun celery sticks with house ranch dressing 100% grape juice 	<p>19</p> <ul style="list-style-type: none"> cobb salad with diced turkey over romaine lettuce with whole grain croutons & honey mustard dressing fresh cantaloupe 	<p>20</p> <ul style="list-style-type: none"> egg salad whole wheat roll tomato salad fresh orange wedges 	<p>21</p> <ul style="list-style-type: none"> chef salad with cheddar over mixed greens with whole grain croutons & balsamic dressing fresh banana 	<p>22</p> <p>professional development day</p> <p>no school</p>
<p>25</p> <ul style="list-style-type: none"> sunbutter cup whole grain animal crackers snap peas with poppy seed dressing 100% grape juice 	<p>26</p> <ul style="list-style-type: none"> buffalo chicken salad over romaine lettuce with whole grain croutons & house ranch dressing fresh cantaloupe 	<p>27</p> <ul style="list-style-type: none"> turkey ham & cheese on whole wheat bread cucumber coins with honey mustard dressing fresh orange wedges 	<p>28</p> <ul style="list-style-type: none"> chicken caesar salad over romaine lettuce with whole grain croutons & parmesan dressing fresh banana 	<p>28</p> <ul style="list-style-type: none"> tuna salad on a whole wheat bun corn & tomato salad chilled applesauce