

~ September 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Notes: *Lactose Free Milk Available	* Chef Salads Available Grades Pre-12	Skim, 1% & Choc. Skim Served Daily			1
2	3 No School	4 Hamburger on WW Bun/Pickles/Baked Beans/Fresh Broccoli Florets Fresh Fruit...Apples, bananas or oranges ☺	5 Chicken Gravy/Mashed Potatoes/Fresh Fruit Fresh Cucumbers WW B. Bread	6 Hot Dog on WW Bun/Baked Sweet Potatoes Fries/Romaine Lettuce/Peaches	7 Cheese Pizza on WG Crust/Romaine Lettuce Fresh Carrots/Pears	8
9	10 Spaghetti w/meat Sauce/WG Noodles/ WW Garlic Bread/Romaine Lettuce/Pears	11 Chili/Fresh Broccoli & Cauliflower/ WW B. Bread/Applesauce	12 Chicken Breast /Romaine Lettuce/Tomato/Corn/Peaches/WW B. Bread	13 Turkey Deli on WW Bun/Baby Spinach/Pickle Fresh Fruit/Cookie	14 WG Mini Corn Dogs/Mashed Potatoes/Diced Carrots/Pineapple	15
16	17 Fish Sticks/Romaine Lettuce/Fresh Fruit Carrot Sticks /Fresh Broccoli WW B. Bread	18 Taco-in-a-bag/Romaine Lettuce/Marinated Bean Salad/Whole Grain Chips/ Diced Tomato/Fresh Fruit	19 Turkey Gravy/Mashed Potatoes/Mandarin Oranges/Fresh Veggies WW. B. Bread/Cookie	20 B.B.Q. on WW Bun/ Roasted Sweet Potatoes/Peaches/Carrots/milk	21 WG Chicken Strips/ Baked Potato/ Green Beans Tropical Fruit/ Jelly Bread/Milk	22
23	24 Tatar Tot Hot Dish/Diced Carrots/Fresh Fruit/ WW. B. Bread	25 Chicken Patty on WW Bun Romaine Lettuce Baked Beans/Milk Peaches	26 Pepperoni Pizza on WG Crust /Fresh Broccoli Carrot Coins/Pears / milk	27 Chicken Fajita on WW Tortilla Meat/Romaine Lettuce/Tomato Mandarin Oranges/WW Bread	28 Hamburger Gravy/Mashed Potato Fresh Fruit/Fresh Veggies/WW B. Bread/ Milk	29
30						