

This institution is an equal opportunity provider. Menus are subject to change.

Monday, September I



HAPPY

NO SCHOOL SEPTEMBEŘ

Tuesday, September 2

Breakfast YOGURT PARFAIT CONTINENTAL BREAKFAST

Lunch CHEESE PIZZA OR CHICKEN TACO

Wed., September 3

Breakfast MINI WAFFLES CONTINENTAL BREAKFAST

Lunch BEAN & CHEESE BURRITO CHICKEN SANDWICH

OUR

ohn Chapman, better known as Johnny Appleseed, was born September 26, 1774. For 40 years, Johnny followed the sun along the primitive country by-ways of Pennsylvania, Ohio, Indiana, and Illinois, introducing and teaching the cultivation of apple trees to large areas of that still-wild country.

NATION'S

 W_{ITH} LIBERTY

& JUSTICE

FOR

 A_{LL}

Thursday, September 4

Breakfast CINNI MINI CONTINENTAL BREAKFAST

Lunch CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL

Friday, September 5

Breakfast FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST

Lunch GRILLED CHEESE SANDWICH OR CHICKEN TENDERS

COOKIE

AVAILABLE DAILY

HISTORY

Every complete meal we serve comes with the choice of entrée. fruit or vegetable sides and your choice of low fat white or chocolate milk. Other daily **LUNCH options:**

> **DELI SANDWICH** LARGE SALAD **PIZZA** (select varieties)

Monday, September 8

Breakfast

COUNTRY BREAKFAST BURRITO OR CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS. HASHBROWN & YOGURT) OR **TURKEY & CHEESE** SANDWICH

Tuesday, September 9

Breakfast

CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA OR **BEEF & CHEESE TACO**

Wed., September 10

Breakfast

SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE CHEESEBURGER & FRIES

Thursday, September II

Breakfast

MINI PANCAKES CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS OR TERIYAKI CHICKEN NOODLE BOWL

Friday, September 12

Breakfast

CINNAMON ROLL OR CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE PUPUSA **CRUNCHY FISH STICKS &** CHIPS

COOKIE

Monday, September 15

Breakfast

FIFSTA BREAKFAST BURRITO OR CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS. HASHBROWN & YOGURT) **ROTINI WITH MEAT SAUCE**

Tuesday, September 16

Breakfast YOGURT PARFAIT

OR CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA OR CHICKEN TACO

Wed., September 17

Breakfast

MINI WAFFLES OR CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO CHICKEN SANDWICH

Thursday, September 18

Breakfast CINNI MINI

OR. CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS OR **ORANGE CHICKEN** RICE BOWL

Friday, September 19

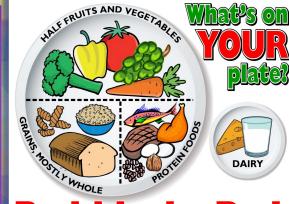
Breakfast

FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE SANDWICH OR CHICKEN TENDERS

COOKIE



Red blocks Red.

Monday, September 22

Breakfast

COUNTRY BREAKFAST **BURRITO** OR CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) OR **TURKEY & CHEESE** SANDWICH

Tuesday, September 23

Breakfast

CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA OR **BEEF & CHEESE TACO**

Wed., September 24

Breakfast

SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE CHEESEBURGER & FRIFS

Thursday, September 25

Breakfast MINI PANCAKES OR

CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS OR TERIYAKI CHICKEN NOODLE BOWL

Friday, September 26

Breakfast

CINNAMON ROLL OR **CONTINENTAL BREAKFAST**

Lunch

BEAN & CHEESE PUPUSA **CRUNCHY FISH STICKS &** CHIPS

COOKIE

Tomatoes and many other red and orange fruits and veggies contain a fantastic substance known as "lycopene." Lycopene

does many wonderful things for your health -- among them, helping to protect your skin from sunburn.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

Monday, September 29

Breakfast

FIESTA BREAKFAST BURRITO OR CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS. HASHBROWN & YOGURT) OR **ROTINI WITH MEAT SAUCE**

Tuesday, September 30

Breakfast

YOGURT PARFAIT CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA OR CHICKEN TACO

Where do all of our crazy names for food come



This month: "Picnic"

Dicnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.

