

Monday
Tuesday
Wednesday
Thursday
Friday

29
 Popcorn Chicken
 With dipping sauce
 Seasoned Pasta
 Roasted Green beans
 Variety of Fruit

30
 Cheese Quesadillas
 Lettuce and tomato
 Marinated Black Bean Salad
 Corn
 Fresh Fruit

31
 Whole Grain Pizza
 Toppings: Cheese or
 Vegetable
 Garden Salad
 Fresh Fruit

1
 No School

4
 No School

5
 Baked Breaded Chicken
 Dinner Roll
 Tasty Tots
 Corn
 Variety of Fruit

6
 Baked Ziti
 Cheesy Garlic breadstick
 Seasoned Green Beans
 Variety of Fruit

7
 Beef Nachos with
 Homemade cheese sauce
 Brown Rice
 Lettuce, tomato, salsa
 Fresh Fruit

8
 Whole Grain Pizza
 Toppings: Cheese or Vegetable
 Garden Salad
 Fresh Fruit

11
 Mozzarella Sticks
 With Marinara Sauce
 Seasoned Pasta
 Roasted Cauliflower
 Variety of Fruit

12
 Teriyaki Chicken with a
 variety of dipping sauces
 Brown Rice
 Roasted brussel sprouts
 or seasoned broccoli
 Variety of Fruit

13
 Spaghetti with meatballs
 Caesar Salad
 Tomato Cucumber Salad
 Fresh Fruit

14
 Bacon, Egg, and Cheese
 On a Pretzel Roll
 French Fries
 Variety of Fruit

15
 Whole Grain Pizza
 Toppings: Cheese or Kitchen's
 Choice
 Garden Salad
 Fresh Fruit

18
 Enchiladas
 With Sweet or
 White potato filling
 Corn Muffin
 Vegetable Medley
 Variety of Fruit

19
 Baked Mac and Cheese
 Roasted Broccoli
 Whole Grain dinner roll
 Fresh Fruit

20
 Chicken Tenders
 Tator Tots
 Carrots
 Fresh Fruit

21
 American Chop Suey
 Whole Grain Breadstick
 Green Beans
 Variety of Fruit

22
 Whole Grain Pizza
 Toppings: Cheese or Vegetable
 Garden Salad
 Fresh Fruit

25
 Goopy Grilled Cheese
 Tomato Soup
 Garlic Parmesan Green Beans
 Fresh Fruit

26
 Corn Dog
 Smiley Fries
 Veggie Sticks with Hummus
 Fresh Fruit Salad

27
 World Culture Wednesday:
 Spain
 Baked Beef Empanadas or Chicken
 Patty with Whole Grain Roll
 Spanish Rice
 Honey Glazed Carrots
 Variety of Fruit

28
 Crunchy Fish Sticks
 Whole Grain Roll
 Seasoned Corn
 Variety of Fruit

29
 Whole Grain Pizza
 Toppings: Cheese or Kitchen's
 Choice
 Garden Salad
 Fresh Fruit

Harvest of the Month:
Broccoli and Cauliflower

We are proud to participant in the global movement of Meatless Mondays by having every Monday's meal choice be meat free.
 The last Wednesday of September is World Culture Wednesday in the kitchen. This month's featured country is Spain.