











# SEPTEMBER MENU



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
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2 REMEMBER TO TAKE A SERVING OF FRUIT OR VEGETABLE EVERY DAY!	3 NO SCHOOL LABOR DAY 	4 Quesadilla, Fruit, Salad Bar, Milk	5 Crispitos, Chips, Queso, Yogurt, Fruit, Salad Bar, Milk	6 Popcorn Shrimp, Rice, Yogurt, Granola, Fruit, Salad Bar, Milk 	7 Sloppy Joes, Bun, Cheese Slice, Baked Beans, Fruit, Salad Bar, Milk	8
9 All meals include 5 food groups: Protein (Meat, Cheese, Yogurt), Fruits, (fruit or juice) Vegetables, Whole Grains, and Dairy (Low fat Milk).	10 Chicken Nuggets, Rice, Fruit, Salad Bar, Milk 	11 Biscuits & Gravy, Sausage, Yogurt, Fruit, Juice, Hashbrowns, Salad Bar, Milk	12 Hot Ham & Cheese Sandwich, Fruit, Salad Bar, Milk 	13 Sub Sandwiches, Fruit, Salad Bar, Milk	14 Chicken & Gravy with Mashed Potatoes, Bread, Fruit, Salad Bar, Milk	15
16	17 Asian Chicken, Rice, Egg Roll, Fruit, Salad Bar, Milk 	18 Hamburgers, Bun, Cheese, Baked Beans, Fruit, Salad Bar, Milk 	19 Chicken Strip Wrap, Fruit, Salad Bar, Milk	20 Taco in a bag, Cereal Bar, Fruit, Juice, Milk 	21 BBQ Chicken Sandwich, Fruit, Salad Bar, Milk	22
23 	24 Hotdogs, Baked Beans, Fruit, Salad Bar, Milk	25 Chicken Patty sandwich, Fruit, salad bar, Milk	26 Cheeseburger Hotdish, Breadsticks, Fruit, Salad Bar, Milk	27 Meatballs, Mashed Potatoes & Gravy, Bread, Fruit, Salad Bar, Milk	28 NEW ITEM: Sausage & Pancake wrap, Yogurt/Fruit, Juice, Donut, Salad Bar, Milk	29
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