

SEPTEMBER MENU

ELEMENTARY

PREPARE FOR SUCCESS!

DO YOU WANT TO DO GREAT IN SCHOOL THIS YEAR? BELOW ARE SOME TIPS TO HELP YOU DO YOUR BEST!

- EXERCISE! SCIENTISTS HAVE FOUND THAT EXERCISE CAN HELP JUMPSTART YOUR BRAIN SO YOU CAN GET BETTER GRADES
- EAT BREAKFAST! IT HELPS YOU CONCENTRATE AND IMPROVE IN THE CLASSROOM!
- GET LOTS OF SLEEP! YOU NEED TO BE RESTED SO YOU CAN LEARN AND PLAY.

Every Lunch also Includes a Choice of Non Fat Flavored Milk or 1% white Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	6 Monterey Chicken with Hot Roll Seasoned Vegetables Fresh Fruit or Build Your Own Sack Lunch	7 Taco Pasta Bake or Burritos Charro Beans Lettuce & Tomato Homemade Salsa Strawberries & Cream	8 Chicken Alfredo with Garlic Bread or Individual Pizza Seasoned Vegetables Italian Salad Fruit Cup	9 Burger Baked Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
12 Chicken Strips Hot Roll Mashed Potatoes Seasoned Vegetables Fruit Cup	13 Cheesy Chicken & Rice Hot Roll Steamed Vegetables Fruit Cup or Build Your Own Sack Lunch	14 Nachos Refried Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fresh Fruit	15 Spaganzza with Garlic Toast or Pizza Seasoned Vegetables Garden Fresh Salad Fruit Cup	16 Sausage Wraps or Corn Dog Baked Fries Fresh Carrot Dippers Banana Sundaes
19 Baked Chicken or Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Vegetables Fruit Cup	20 Asian Food with Fried Rice Steamed Vegetables Fruit Cup or Build Your Own Sack Lunch	21 Tacos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup	22 Chicken Parmesan Melt with Garlic Bread or Pizza Seasoned Vegetables Italian Salad Frosty Fruit Salad	23 Grilled Cheese Strips or Hot Dog Baked Fries Cucumber & Tomato Salad Fresh Fruit
26 Smothered Steak or Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Vegetables Fruit Cup	27 Creamy Chicken n' Biscuit Steamed Vegetables Fruit Cup or Build Your Own Sack Lunch	28 Chili Mac with Corn Bread or Crisпитos Charro Beans Lettuce & Tomato Homemade Salsa Fruit Cup	29 Spaghetti with Meat Sauce with Garlic Toast or Individual Pizza Seasoned Vegetables Garden Fresh Salad Fruit Cup	30 Pigs in a Blanket or Mini Corn Dogs Fresh Carrot Dippers Baked Fries Fruit Wiggles

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Wrap or Kolache	Taco Tuesday! Choice of Taco	Muffin & Yogurt or Bagel with Topping	Scrambled Eggs with Toast & Bacon or Cheese Omelet with Salsa	Cinnamon Roll or Donuts

