

SEPTEMBER MENU

SECONDARY

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 TO THE BEST OF YOUR ABILITY!



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

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



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

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

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