

August / September, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger Sliders Sept 10 or A) Chicken Nuggets with a Roll French Fries Peaches <i>or</i> Seasonal Fresh Fruit	Fiestada Pizza Sept 11 or A) Hot Dog on a Bun Corn <i>or</i> Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast Sept 12 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices <i>or</i> Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick Sept 13 or A) Hamburger <i>or</i> Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod Sept 14 or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit <i>or</i> Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Roll Sept 17 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup <i>or</i> Seasonal Fresh Fruit Cookie Treat	Oven Baked Chicken with Corn Muffin Sept 18 or A) Corn Dog Carrots <i>or</i> Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza Sept 19 or A) Chicken Patty on a Bun Corn Pears <i>or</i> Seasonal Fresh Fruit	Chicken Tenders Sept 20 or A) Hamburger <i>or</i> Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Apple Slices	Mozzarella Sticks with Dipping Sauce Sept 21 or A) Cheese Pizza Slice Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa Sept 24 or A) Chicken Nuggets with a Roll Carrots Peaches <i>or</i> Seasonal Fresh Fruit	Beef Nachos Sept 25 (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn <i>or</i> Tossed Garden Salad 100% Fruit Juice	Meatball Sub Sept 26 or A) Popcorn Chicken with a Roll Potato Wedges Applesauce <i>or</i> Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll Sept 27 or A) Hamburger <i>or</i> Cheeseburger on a Bun Roasted Potatoes <i>or</i> Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich Sept 28 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait <i>or</i> Seasonal Fresh Fruit Cheetos Treat

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

SUBSTITUTION OF ITEMS MAY BE NECESSARY



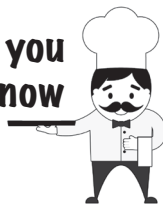
Chef Louie Presents...

Health Bite



Why breakfast? Breakfast fuels the body with nutrients, provides calories (energy) for the morning's activities, also it helps you focus, learn and maintain a healthy weight. Not to mention it helps you feel good and tastes great!

Did you know



unless food is mixed with saliva you can't taste it. In order for food to have taste, chemicals from the food must first dissolve in saliva. Once dissolved, the chemicals can be detected by receptors on taste buds.

Lunchtime Joke



Why did the orange stop half-way across the road?

Answer: He ran out of juice

