

You have brains in your head and feet in your shoes. you can steer yourself in any direction you choose! - Dr. Seuss

September 2018

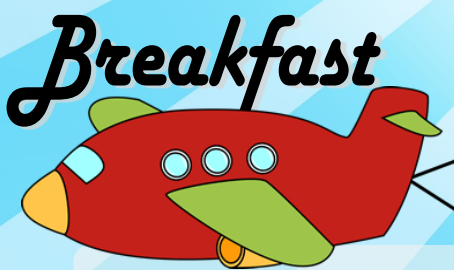


Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 Steak Fingers Hot Roll Mashed Potatoes Steamed Vegetable Fruit Cup	4 Pizza Italian Salad Steamed Vegetables Fruity Jell-O 11 Spaghetti with Meat Sauce Tossed Salad Seasoned Green Beans Fruit Cup	5 Chicken & Waffles Biscuit Steamed Vegetables Fruit Cup 12 Chili Dog Fresh Vegetable Dippers Steamed Broccoli Orange Smiles	6 Quesadillas Lettuce & Tomato Beans al Carbon Spanish Rice Fruit Cup 13 Nachos Refried Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup	7 Burger & Fries Lettuce with Pickles Fresh Fruit 14 Burger & Fries Lettuce with Pickles Fresh Fruit
17 Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Vegetables Bomana Sundaes	18 Pizza Italian Salad Seasoned Corn Fruit Mix	19 Asian Bowl Steamed Vegetables Glazed Carrots Pine- apple Chunks or BYSL	20 Tacos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup	21 Burger & Fries Lettuce with Pickles Fresh Fruit
24 Baked Chicken with Hot Roll Baked Potatoes Sautéed Vegetables Fruit Cup	25 Pizza Cucumber Nachos Steamed Vegetables Fruit Wiggles	26 Fun Time Meal Choice of Sandwich Baked Chips Fruit Cup Fruit Juice Pickle Salad/Carrots	27 Crisпитos Charro Beans Spanish Rice Lettuce & Tomato Fruit Cup Fruit Cup	28 Burger & Fries Lettuce with Pickles Fresh Fruit

Steer Yourself in the Right Direction!

It's up to you and only you to make good choices this year! One of the most important choices is your health. Did you know the meals provided at your school are designed with your health in mind? Every week you are offered the right amount of veggies, fruit, grains, and protein to give your body what it needs! Start the year off Healthy!



Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs with Sausage, Bacon or Ham and Toast	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin

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