

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

September 2018



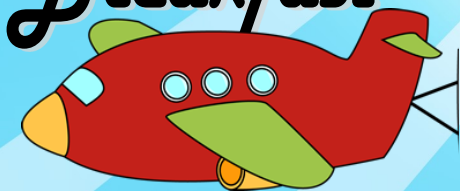
Every lunch includes a choice of fresh fruit, fruit cup or fruit juice and a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>HAPPY LABOR DAY</p>	<p>4</p> <p>Cheesy Bread Sticks or Pizza Italian Salad Steamed Vegetables Fruity Jell-O</p>	<p>5</p> <p>Chicken & Waffles Biscuit Fresh Carrots Steamed Vegetables Fruit Cup</p>	<p>6</p> <p>Quesadillas or Crisritos Lettuce & Tomato Beans al Carbon Spanish Rice Homemade Salsa Fruit Cup</p>	<p>7</p> <p>Burger & Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>10</p> <p>Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Steamed Vegetable Fruit Cup</p>	<p>11</p> <p>Spaghetti with Meat Sauce or Pizza Tossed Salad Seasoned Green Beans Fruit Cup</p>	<p>12</p> <p>Stuffed Baked Potato with Hot Roll Chili Dog Fresh Vegetable Dippers Steamed Broccoli Orange Smiles</p>	<p>13</p> <p>Nachos Refried Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup</p>	<p>14</p> <p>Burger Basket Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>17</p> <p>Popcorn Chicken with Hot Roll Mashed Potatoes Seasoned Vegetables Banana Sundaes</p>	<p>18</p> <p>Meatball Sub or Pizza Italian Salad Seasoned Corn Fruit Mix</p>	<p>19</p> <p>Asian Bowl Steamed Vegetables Glazed Carrots Pineapple Chunks or BYSL</p>	<p>20</p> <p>Tacos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup</p>	<p>21</p> <p>Burger Basket Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>24</p> <p>Baked Chicken or Chicken Fried Steaks with Hot Roll Baked Potatoes Sautéed Vegetables Fruit Cup</p>	<p>25</p> <p>Cheesy Bread Sticks or Pizza Cucumber Nachos Steamed Vegetables Fruit Wiggles</p>	<p>26</p> <p>Chicken Spaghetti with Hot Roll Fresh Garden Salad Seasoned Vegetables Fruit Cup or BYSL</p>	<p>27</p> <p>Burritos or Crisritos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup</p>	<p>28</p> <p>Burger Basket Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>

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 of Healthy!

Breakfast



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

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Taco Tuesday! Choice of Taco	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Breakfast Taco	Waffles or Muffin and Sausage