



Welcome Back!
 Hope you had a great summer!
 Breakfast includes cold cereal, toast, fruit and juice.
 Nonfat flavored or 1% unflavored milk is available at
 breakfast and lunch.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. Breakfast \$2.00
 Lunch \$3.00 Extra Breakfast Entrée \$0.75 Extra Lunch Entrée \$1.40
 Small Salad \$0.75 Large Salad \$1.40 Adult Breakfast \$2.50 Adult Lunch \$3.65



Monday

1

NO SCHOOL

Tuesday

2

NO SCHOOL

Wednesday

3

NO SCHOOL

Thursday

4

NO SCHOOL

Friday

5

NO SCHOOL

8

NO SCHOOL

9

NO SCHOOL

10

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

15

NO SCHOOL

16

NO SCHOOL

Pancakes

17

Bosco Sticks
 Chicken Sandwich
 Red Pepper Strips or Oven Brown
 Potatoes
 Apple Slices or Apricots

Egg Sandwich

18

Pork Tenderloin Sandwich
 BBQ Chicken Wings
 Wild Rice
 Red Bean Salad or Mixed Vegetables
 Banana or Mandarin Oranges

Breakfast Wrap

19

Chicken Bacon Flatbread
 Meatball Sub Sandwich
 Broccoli Salad or Green Beans
 Grapes or Applesauce
 Chocolate Chip Cookie

Fruit/Yogurt Parfait

22

Cheesy Bread
 Chicken Strips/Biscuit
 Carrot Sticks
 French Fries
 Kiwi or Peaches

Tornado

23

Chicken Fajitas
 Sloppy Joe
 Marinated Veg Salad or Tator Tots
 Orange Slices
 Pineapple

French Toast Sticks

24

Nachos Grandes
 BBQ Pork Sandwich
 Mexican Bean Dip or Corn
 Apple Slices or Peaches
 Chewy Brownie Cookie

Muffin

25

Grilled Chicken
 Turkey Deli Wrap
 Wild Rice
 Cucumber Salad or Carrots
 Banana or Applesauce

Breakfast Pizza

26

Fish Sandwich
 Meatloaf/Breadstick
 Creamy Coleslaw
 Mashed Potatoes
 Grapes or Mandarin Oranges

Waffles

29

Chicken Nuggets
 Corn Dogs
 Macaroni and Cheese
 Broccoli Salad or Baked Beans
 Kiwi or Pineapple

Tornado

30

Bosco Sticks
 Chicken and Noodles/Breadstick
 Celery Sticks or Peas
 Orange Slices
 Peaches

Pancakes

31

Hamburger
 Fiesta Chicken Wrap
 Peppers/Tomatoes or French Fries
 Apple Slices or Apricots
 Triple Berry Buckle

