

# MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

28-Sep	29-Sep	30-Sep	1	2
Cereal Granola Bar Choice of Juice Choice of Milk	Mini Corn Dogs Tater Tots Choice of Juice Choice of Milk	Breakfast Pizza Choice of Juice Choice of Milk	Breakfast Burrito Choice of Juice Choice of Milk	Sunrise Sandwich Choice of Juice Choice of Milk
5	6	7	8	9
Totally Taco Choice of Juice Choice of Milk	Pancake on a Stick Choice of Juice Choice of Milk	Breakfast Pizza Choice of Juice Choice of Milk	Pizza Bagel Choice of Juice Choice of Milk	Blueberry Waffle Choice of Juice Choice of Milk
12	13	14	15	16
Pan Dulce Fresh Fruit Choice of Juice Choice of Milk	Sunrise Sandwich Fresh Fruit Choice of Juice Choice of Milk	Breakfast Pizza Fresh Fruit Choice of Juice Choice of Milk	Breakfast Burrito Fresh Fruit Choice of Juice Choice of Milk	Pizza Bagel Fresh Fruit Choice of Juice Choice of Milk
19	20	21	22	23
Mini Corn Dogs Tater Tots Choice of Juice Choice of Milk	Blueberry Waffle Choice of Juice Choice of Milk	Breakfast Pizza Choice of Juice Choice of Milk	Totally Taco Choice of Juice Choice of Milk	Churros Choice of Juice Choice of Milk
26	27	28	29	30
Cereal Granola Bar Choice of Juice Choice of Milk	Cinnamon Roll Choice of Juice Choice of Milk	Breakfast Pizza Choice of Juice Choice of Milk	Sunrise Sandwich Choice of Juice Choice of Milk	Totally Taco Choice of Juice Choice of Milk

**FROM THE LUNCH LADY:**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**



Lack of exercise is a major reason for the growing rate of obesity among children. Watching TV for even as few as two to five hours per week is linked to being overweight. Sadly enough, the number of children who watch five or more hours of television per day has increased dramatically in recent years. Instead of just watching TV, encourage your children to spend time each day in play that requires them to be physically active. Health professionals agree that physical activity is essential to helping children not only reach, but more importantly maintain, a healthy weight.

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