

# MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

28-Sep	29-Sep	30-Sep	1	2
Raviolis Whole Wheat Roll Broccoli - Carrots Pears - Red Apple Mandarin Orange Choice of Milk	Ham & Cheese Sandwich Corn Carrots - Celery Green Salad & Dressing Choice of Fruit Choice of Milk	Tostada Lettuce - Cheese Spanish Rice - Cookie Corn - Pinto Beans Choice of Fruit Choice of Fruit Choice of Milk	Chicken Nuggets Mashed Potatoes Peas & Carrots - Green Bean Choice of Fruit Wheat Roll Choice of Milk	Chicken Burger French Fries Lettuce - Pickles Choice of Fruit Cookie Choice of Milk
5	6	7	8	9
Corn Dog Fries - Broccoli - Carrots Chocolate Chip Cookie Apple - Orange Ketchup - Mustard Choice of Milk	Pizza Burger on a Whole Wheat Bun - Corn Potato Wedges/Cake Salad / Trail Mix Choice of Fruit Choice of Milk	Nachos Rice - Beans Corn - Salsa - Jalapenos Choice of Fruit Graham Crackers Choice of Milk	Baked Chicken Mashed Potatoes & Gravy Peas - Green Beans Homemade Wheat Roll Salad & Dressing - Orange Choice of Milk	Pepperoni Pizza Corn - Broccoli Italian Bread Green Salad & Dressing Choice of Fruit Choice of Apples
12	13	14	15	16
Hamburger Potato Wedges - Carrots Lettuce - Pickels Choice of Fruits Cake Choice of Milk	Enchiladas Rice - Beans Corn - Salsa - Jalapenos Choice of Fruit Graham Crackers Choice of Milk	Macaroni & Cheese Wheat Roll Broccoli - Carrots Choice of Fruits Choice of Milk	Turkey Mashed Potatoes & Gravy Peas - Green Beans Homemade Wheat Roll Salad & Dressing - Orange Choice of Milk	Tuna Sandwich Corn Carrots - Celery Green Salad & Dressing Choice of Fruit Choice of Milk
19	20	21	22	23
Chili Mac Wheat Roll Broccoli - Carrots Pears - Apple - Orange Raisin Choice of Milk	Pepperoni Pizza Corn - Broccoli Salad & Dressing Apple, Apricots Graham Crackers Choice of Milk	Chicken Fajita - Corn Spanish Rice & Beans Salad & Dressing Apricots - Applesauce Salsa - Jalapeno choice of Milk	Wienerschnitzel Dog Fries - Green Beans Salad & Dressing Orange - Mixed Fruit Cake - Ketchup Choice of Milk	Grilled Cheese Sandwich Chicken Noodle Soup Peas & Carrots Salad & Dressing Choice of Fruit Choice of Milk
26	27	28	29	30
Sloppy Joe Fries - Corn Salad & Dressing Cookie - Ketchup Choice of Fruit Choice of Milk	Chili Beans Broccoli - Corn Bread Graham Crackers Pears - Apricots Orange Choice of Milk	Corn Dog Fries - Broccoli - Carrots Chocolate Chip Cookie Apple - Orange Ketchup - Mustard Choice of Milk	Chicken Fried Steak Mashed Potatoes Peas & Carrots - Green Bean Choice of Fruit Wheat Roll Choice of Milk	Tamale Pie Corn Salad & Dressing Apricots - Applesauce Choice of Milk

**FROM THE LUNCH LADY:**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**



Food Facts: Just because bread is brown doesn't mean it is whole-grain. Search the ingredients list to make sure the first word is Whole. Veggies! Go dark green and Orange. Vegetables like Broccoli, Spinach, Carrots and sweet potatoes Taste great and are extremely good for you. Fruits are nature's treats, so sweet and delicious! Go easy on juice and make sure it's 100%. Milk has calcium, calcium builds strong bones. Look at the container of your milk, yogurt or cheese and be sure it is lowfat or fat-free. It's Nutty, but true. Nuts, seeds, peas and beans are all great sources of protein! Learn more and get a free Food Pyramid poster by visiting [MyPyramid.gov](http://MyPyramid.gov)

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