



All students are now entitled to one free breakfast and one free lunch daily.

A meal MUST be complete to be FREE

- All grain products are whole grain rich
- There are no pork products on this menu
- Meals are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

- 1% Milk
- Skim Milk

PLEASE NOTE

- If you have food allergy please speak to your school nurse
- Menu is subject to change

Adult—\$2.95

Food Provided by:
Whitson's Culinary Group



MON	TUE	WED	THU	FRI
	1 SCHOOL CLOSED	2 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Apple <u>Vegetarian Meal</u> Egg & Cheese Sandwich Roasted Potatoes Fresh Apple	3 Beef Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Banana <u>Vegetarian Meal</u> Cobb Salad w /Ranch Dressing Corn Muffin Fresh Banana	4 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
7 LABOR DAY SCHOOL CLOSED	8 Cheesy Crispy Chicken Biscuit Sandwich w/Ketchup Sweet Potatoes Diced Peaches <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Diced Peaches	9 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Pear	10 French Toast Sticks w/ Scrambled Eggs, Syrup Roasted Potatoes Fresh Banana	11 Cheesy Pull Apart Baby Carrots Ranch Dressing Applesauce
14 Lasagna Roll Up w/ Green Beans Fresh Apple	15 Chicken Empanada Enchilada Churro Fava Bean Crisps 100% Sun Splash Juice Fresh Pear <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Pear	16 Toasted Cheese Sandwich w/Ketchup Tater Tots Fruit Cup Mix	17 BBQ Beef Meatballs WW Club Roll Broccoli Fresh Banana <u>Vegetarian Meal</u> Cobb Salad w /Ranch Dressing Corn Muffin Fresh Banana	18 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
21 YOM KIPPUR SCHOOL CLOSED	22 Chicken Tenders w/Ketchup Roasted Potatoes Diced Peaches <u>Vegetarian Meal</u> Egg & Cheese Sandwich Roasted Potatoes Diced Peaches	23 Macaroni & Cheese Broccoli Fresh Apple	24 Cheese Raviolis Green Beans Fresh Banana	25 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
28 Beef Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Apple <u>Vegetarian Meal</u> Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Apple	29 Stuffed Bread Sticks Marinara Sauce 100% Sun Splash Juice Fresh Pear	30 Chicken Nuggets Baked Beans Fruit Cup Mix <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fruit Cup Mix		

