


# September Menu

## PreK/Headstart

### Prepare for Success!

Do you want to do great in school this year? Below are some tips to help you do your best!

- Exercise! Scientists have found that exercise can help jumpstart your brain so you can get better grades
- Eat breakfast! It helps you concentrate and improve in the classroom!
- Get lots of sleep! You need to be rested so you can learn and play.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>5th Crispitos Lettuce &amp; Tomatoes Pinto Beans Spanish Rice Pineapple</p>	<p>6th Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears</p>	<p>7th Hot Dog Buttered Bowties Carrot Dippers Fruit Cup</p>	<p>8th Cheese Burger Basket with Fries Lettuce &amp; Pickles Fresh Baked Cookie Fresh Fruit</p>	
<p>11th Choice of Pizza Glazed Carrots Seasoned Vegetables Fruit Dessert</p>	<p>12th Tacos Pinto Beans Lettuce &amp; Tomato Spanish Rice Fruit Cup</p>	<p>13th Crispy Chicken Drumstick Hot Roll Mashed Potatoes Street Corn Orange Smiles</p>	<p>14th Popcorn Chicken Fried Rice Steamed Vegetables Fruit Salad</p>	<p>15th Chicken Sandwich Basket with Fries Lettuce &amp; Pickles Fresh Baked Cookie Fresh Fruit</p>
<p>18th Spaghetti with Meat Sauce &amp; Garlic Toast Seasoned Vegetables Strawberries &amp; Cream</p>	<p>19th Nachos Refried Beans Spanish Rice Fresh Apples</p>	<p>20th Popcorn Chicken Seasoned Corn Mashed Potatoes Hot Roll Fruit Cup</p>	<p>21st Big Grilled Sandwich Mac &amp; Cheese Tumbleweed Bites Fruit Cup</p>	<p>22nd Cheese Burger Basket with Fries Lettuce &amp; Pickles Fresh Baked Cookie Fresh Fruit</p>
<p>25th Choice of Pizza Seasoned Vegetables Fruit Cup</p>	<p>26th Tacos Pinto Beans Lettuce &amp; Tomato Spanish Rice Oranges Smiles</p>	<p>27th Steak Fingers Hot Roll Mashed Potatoes Green Beans Cinnamon Apple Sauce</p>	<p>28th Hot Dog Choice of Chips Carrot Dippers Frozen Fruit Treat</p>	<p>29th Bacon Cheese Burger Basket with Fries Lettuce &amp; Pickles Fresh Baked Cookie Fresh Fruit</p>

Every lunch also includes a milk.

A choice of Choice of Fruit and Milk are also offered everyday.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Waffles	Breakfast Pizza	Pig in Blanket	Breakfast Wrap	Ham & Cheese Croissant
Week 2	Cereal	Pancake Wrap	Breakfast Sandwich	Yogurt and Grahams	Biscuits & Sausage

This institution is an equal opportunity provider.