

September Menu

Elementary

A Grab & Go Lunch is also offered every day. Every lunch includes a choice of milk.



Monday	Tuesday	Wednesday	Thursday	Friday
5th Tacos or Crisпитos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	6th Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	7th Crispy Chicken Wrap or Hot Dog Buttered Bowties Carrot Dippers Seasoned Corn Fruit Cup	8th Cheese Burger or BBQ Sub Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie	
11th Chicken Alfredo with Garlic Bread or Choice of Pizza Glazed Carrots Seasoned Vegetables Fruit Dessert	12th Frito Pie or Crisпитos Spanish Rice Pinto Beans Shredded Lettuce Chopped Tomatoes Homemade Salsa Fruit Cup	13th Crispy Chicken Drumstick or Chicken Strips Hot Roll Mashed Potatoes Street Corn Orange Smiles	14th Asian Bowl with Fried Rice or Popcorn Chicken Choice of Vegetables Fruit Salad	15th Chicken Sandwich or Cheese Burger Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit
18th Spaghetti with Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Strawberries & Cream	19th Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	20th Country Bowl or Country Bucket Hot Roll Glazed Carrots Fruit Cup	21st Big Grilled Sandwich or Corn Dog Mac & Cheese Baked Beans Tumbleweed Bites Fruit Cup	22nd Cheese Burger or Chicken Sandwich Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit
25th Chicken Spaghetti with Breadsticks or Choice of Pizza Choice of Seasoned Vegetables Fruit Cup	26th Tacos or Crisпитos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Oranges Smiles	27th Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	28th Meatball Sub or Hot Dog Choice of Chips Steamed Broccoli Carrot Dippers Frozen Fruit Treat	29th Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit

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.

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	Breakfast Sweet Roll	Pancake Wrap	Breakfast Sandwich	Muffins with Yogurt	Biscuits & Suasage