

SEPTEMBER MENU

SECONDARY

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 TO THE BEST OF YOUR ABILITY!



Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Enjoy Your Day Off!</i>	3 Nachos Spanish Rice or Pizza Refried Beans Homemade Salsa Salad Bar with Toppings Tropical Fruit	4 Spagazza with Garlic Toast or Pizza or Cheese Burger Seasoned Green Beans Salad Bar with Toppings Fruit Cup	5 Baked Chicken or Smothered Steak Hot Roll Roasted Potatoes Steamed Vegetables Salad Bar with Toppings Fruit Cup	6 Crispy Chicken Salad or Chicken Smackers with Mashed Potatoes or Pizza Bread Sticks Seasoned Vegetables Salad Bar with Toppings Strawberries & Cream
9 Chicken Strip Sandwich or Cheese Burger Basket Salad Bar with Toppings Choice of Fresh Fruit	10 Quesadillas or Build your own Burritos or Pizza Spanish Rice Homemade Salsa Pinto Beans Salad Bar with Toppings Fruit Salad	11 Meatball Subs with Baked Chips or Pizza or Chicken Sandwich Seasoned Vegetables Salad Bar with Toppings Mixed Fruit	12 Chicken and Waffles or Cheese Burger Roasted Corn Salad Bar with Toppings Fruit Cup	13 Asian Bowl or Chicken Sandwich or Pizza Oriental Vegetables Salad Bar with Toppings Tropical Pineapple
16 Chopped BBQ on Bun or Chicken Sandwich Basket Salad Bar with Toppings Choice of Fresh Fruit	17 Taco Tuesday!! Tacos with Spanish Rice or Pizza Refried Beans Homemade Salsa Salad Bar with Toppings Fruit Cup	18 Chicken Alfredo with Bread Stick or Pizza or Cheese Burger Seasoned Green Beans Salad Bar with Toppings Peach Cup	19 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Salad Bar with Toppings Banana Sundaes	20 <i>Grab N' Go Sack Lunch</i>
23 Bacon BBQ Burger or Chicken Sandwich Basket or Pizza Salad Bar w/ Toppings Choice of Fresh Fruit	24 Nachos Spanish Rice or Cheese Burger Pinto Beans Homemade Salsa Salad Bar with Toppings Tropical Pineapple	25 Spaghetti with Meat Sauce and Garlic Stick or Pizza or Burger Seasoned Green Beans Salad Bar with Toppings Fruit Cup	26 Hamburger Steak with Brown Gravy or Popcorn Chicken Hot Roll Mashed Potatoes Grilled Fresh Squash Salad Bar with Toppings Strawberries & Cream	27 Chicken Wraps or Chicken Sandwich with Chips or Pizza Seasoned Vegetables Salad Bar with Toppings Fruit Salad

Every lunch also includes a choice of milk.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancake with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon and Toast or Ham & Cheese Croissant	Honey Bun w/ Sausage Link or Muffin & Yogurt	Pancake Wrap or Chicken Biscuits	Breakfast Pizza or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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