



# hello SEPTEMBER

**Monday****1**

LABOR DAY

**Tuesday****2**

TURKEY, MASHED POTATOES & GRAVY  
DINNER ROLL - WG  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**Wednesday****3**

CHICKEN ALFREDO PASTA  
SPAGHETTI & MEAT SAUCE  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**Thursday****4**

BREAKFAST FOR LUNCH  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**Friday****5****8**

RED ENCHILADA, CHEESE  
CHEESE PIZZA - WG  
PEPPERONI PIZZA - WG  
GARLIC KNOT - WG  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**9**

CHICKEN QUESADILLA - WG  
BEEF QUESADILLA - WG  
RED SALSA  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**10**

CHICKEN & VEGGIE RICE BOWL - WG  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**11**

TOASTED HAM & CHEESE SANDWICH - WG  
HOMEMADE SLOPPY JOE - WG  
FRENCH FRIES  
COLE SLAW  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**12****15**

COUNTRY CHICKEN BOWL  
DINNER ROLL - WG  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**16**

GREEN CHILI POZOLE  
RED CHILI POZOLE  
TORTILLA CHIPS  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**17**

CHICKEN FAJITAS  
TACO BAR  
SPANISH RICE  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**18**

CRISPY CHICKEN SANDWICH - WG  
BEEF CHEESEBURGER - WG  
FRENCH FRIES  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

**19**

22

HOMEMADE BEEF NACHOS  
- WG  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

23

LASAGNA ROLL UPS - WG  
CHEESY BREADSTICK - WG  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

24

ROASTED CHICKEN DRUMS  
TICK  
HOMEMADE OVEN ROASTE  
D POTATOES  
DINNER ROLL - WG  
COLE SLAW  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

25

POTATO BAR  
CHILI CHEESE DOG  
SUNCHIPS, CHEDDAR  
SUNCHIPS, ORIGINAL  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

26

29

CHICKEN TENDERS  
HOMEMADE CHEESY MAC  
(WG)  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

30

TURKEY, MASHED POTATOE  
S & GRAVY  
DINNER ROLL - WG  
SALAD & FRUIT BAR  
MILK, 1% LOWFAT  
MILK, SKIM

This institution is an equal opportunity provider.

\*Allergen information available upon request