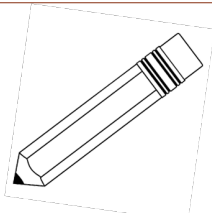
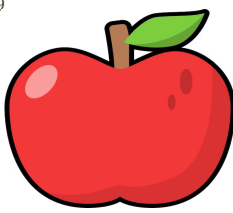


# September 2024

# LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>NO SCHOOL</b> <i>HAPPY Labor Day</i>	3 Chicken Tetrizzini Garlic Bread Tossed Salad Seasoned Peas Peaches Raspberry (9-12) Milk	4 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Peppers Fresh Clementine Fruit Cocktail (9-12) Milk	5 Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Mango Pear (9-12) Milk	6 Yummy Sloppy Joe on a Bun Roasted Red Potatoes Baked Bean Fresh Apple Peach (9-12) Milk	7
8	9 Beef and Bean Burrito Tortilla Chips (9-12) Tomato Salsa Romaine & Tomato Corn Pineapple Mandarin Orange (9-12) Milk	10 Chef Salad Garlic Breadstick Fresh Baby Carrots Peaches Banana (9-12) Milk	11 BBQ Beef on a Bun Fresh Snow Peas Baked Beans Summer Fruit Salad Royal Brownie Tropical Fruit (9-12) Milk	12 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Pineapple (9-12) Milk	13 Country Style Beef Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Steamed Broccoli Banana Cherry Applesauce (9-12) Milk	14
15	16 Pig in a Blanket Roasted Red Potatoes Broccoli w/ Cheese Fresh Apple Slices Mandarin Orange (9-12) Milk	17 Chicken Wrap Spanish Brown Rice Romaine Lettuce & Tomato Slice Sautéed Zucchini Tropical Fruit Oatmeal Cookie Grape (9-12) Milk	18 Spaghetti w/Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Tropical Fruit (9-12) Milk	19 Walking Taco Tomato Salsa Refried Beans Cinnamon Puff (6-12) Raspberry Peach (9-12) Milk	20 Chicken Alfredo Whole Wheat Roll & Honey Mashed Potatoes Fresh Baby Carrots Fresh Grapes Apple (9-12) Milk	21 
22	23 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Peach Pear (9-12) Milk	24 BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans Creamy Cole Slaw Pineapple Strawberry (9-12) Milk	25 Popcorn Chicken Cherry Tomato Cucumber Slices Fresh Banana Pinapple (9-12) Milk	26 Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Fruit Cocktail (9-12) Milk	27 Biscuits & Gravy Sausage Patty (6-12) Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberry Applesauce (9-12) Milk	28
29 	30 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Pear Tropical Fruit (9-12) Milk		<p>Note:</p> <p><b>* Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies:</b></p> <p><b>* Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on.</b></p> <p><b>* Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").</b></p>			

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