



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

6

NO SCHOOL!

Grilled Ham & Cheese Croissant

7

Assorted Fruit, Juice & Veggies

Pizza Sticks & Dipping Sauce

1

Assorted Fruit, Juice, & Veggies

Early Dismissal!

2

Managers Choice
Assorted Fruits, Juice & Veggies

NO SCHOOL!

3

Labor Day

6

NO SCHOOL!

Grilled Ham & Cheese Croissant

7

Assorted Fruit, Juice & Veggies

Lasagna Roll Ups & Garlic Bread

8

Assorted Fruit, Juice & Veggies

Popcorn Chicken & Dinner Roll

9

Baked Beans
Assorted Fruit, Juice & Veggies

French Bread Pizza

10

Assorted Fruit, Juice & Veggies
Sidekick Fruit Slush

Corn Dog

13

Assorted Fruit, Juice & Veggies

Chicken Nuggets & Dinner Roll

14

Mashed Potatoes
Assorted Fruit, Juice & Veggies

Hot Dog & Mac N' Cheese

15

Assorted Fruit, Juice & Veggies

Orange Chicken & Fried Rice

16

Assorted Fruit, Juice & Veggies

Pizza Sticks & Dipping Sauce

17

Assorted Fruit, Juice & Veggies

Managers Choice

20

TACO TUESDAY Walking Tacos

21

Refried Beans
Assorted Fruit, Juice & Veggies

Chicken Tenders & Dinner Roll

22

Assorted Fruit, Juice & Veggies

Meatball Sub

23

Assorted Fruit, Juice & Veggies

French Bread Pizza

24

Assorted Fruit, Juice & Veggies
Sidekick Fruit Slush

Popcorn Chicken & Dinner Roll

27

Baked Beans
Assorted Fruit, Juice & Veggies

Lasagna Roll Ups & Breadstick

28

Assorted Fruit, Juice & Veggies

Brunch for Lunch!

29

French Toast & Hash browns
Assorted Fruit, Juice & Veggies

Grilled Ham & Cheese Croissant

30

Assorted Fruit, Juice & Veggies

Pizza Sticks & Dipping Sauce

1

Assorted Fruits, Juice & Veggies