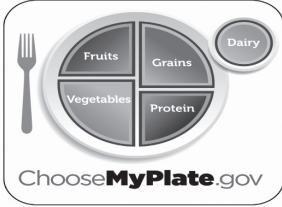


# SEPTEMBER MENUS



**Empowering futures together**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast includes juice or fruit &amp; milk.</p> <p>All meals include choice of milk: 1%, Skim, Chocolate Skim.</p>  <p>ChooseMyPlate.gov</p>				
4	5	6	7	8
<p><b>NO SCHOOL</b> <b>LABOR DAY</b></p>	<p><b>BREAKFAST:</b> Cereal, Crackers, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Nuggets, Baked Fries, Baked Beans, Peaches, Craisins, Dinner Roll</p>	<p><b>BREAKFAST:</b> Elf Grahams, String Cheese, Fruit, Juice, Milk <b>LUNCH:</b> Omelet, French Toast, Hash Browns, Banana, Rosy Applesauce, Bagel, Jelly</p>	<p><b>BREAKFAST:</b> Soft Granola Bar, Bug Bites Graham Crackers, Fruit, Juice, Milk <b>LUNCH:</b> Bosco Breaded Cheese Stick, Garden Salad, Marinara Sauce, Grapes, Apple Slices</p>	<p style="text-align: center;">1</p> <p style="text-align: center;"><b>NO SCHOOL</b></p> <p><b>BREAKFAST:</b> Cinnamon Roll Crackers, Fruit, Juice, Milk <b>LUNCH:</b> Mike's Wild Cheese Pizza, Garden Salad, Strawberries, Peaches, Oreo Cookie</p>
11	12	13	14	15
<p><b>BREAKFAST:</b> Banana Bread, Fruit, Juice, Milk <b>LUNCH:</b> Pancake on a Stick OR Egg, Canadian Bacon Muffin Sandwich, Tator Tots, Apple Slices, Peaches</p>	<p><b>BREAKFAST:</b> Mini Waffles, Fruit, Juice, Milk <b>LUNCH:</b> Lil Round Pepperoni Pizza OR Egg Salad Bunny Wrap w/Chex, Rainbow Garden Bar, Pineapple, Oranges</p>	<p><b>BREAKFAST:</b> Cereal, Graham Crackers, Fruit, Juice, Milk <b>LUNCH:</b> BBQ Chicken Sandwich OR Bosco Cheese Sticks w/Marinara, Broccoli w/Cheese Sauce, Pears, Banana, Elf Grahams</p>	<p><b>BREAKFAST:</b> Cinna Mini Roll, Fruit and/or Juice, Milk <b>LUNCH:</b> Pork Burrito, Seasoned Beans, Sour Raisins, Watermelon, Corn Chips OR Sack Lunch: Cheese, Yogurt, Honey Grahams, Fruit &amp; Vegetable</p> <p style="text-align: center;"><b>Senior Citizens' Lunch Day</b></p>	<p><b>BREAKFAST:</b> Breakfast Bar, Fruit and/or Juice, Milk <b>LUNCH:</b> Garlic Cheese Bread OR Stuffed Pepperoni Sandwich, Rainbow Garden Bar, Peaches, Apple Slices</p>
18	19	20	21	22
<p><b>BREAKFAST:</b> Small Muffin, Cheddar Cubes, Fruit, Juice, Milk <b>LUNCH:</b> Cheeseburger OR Grilled Chickenburger, Spudsters, Orange Smiles, Craisins</p>	<p><b>BREAKFAST:</b> Cereal, Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Wild Mike's Pizza OR Omelet Wrap, Rainbow Garden Bar, Watermelon, Juice</p>	<p><b>BREAKFAST:</b> Cereal, Graham Crackers, Fruit, Juice, Milk <b>LUNCH:</b> Sack Lunch: Chewy Banana Bar, GO-GURT, String Cheese, Carrots, Vegetable Punch, Grapes</p>	<p><b>BREAKFAST:</b> Heartzels Pretzels, String Cheese, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Tenders OR Yogurt Trifle, Mashed Potatoes, Gravy, Peaches, Banana, Dinner Roll</p> <p style="text-align: center;"><b>Senior Citizens' Lunch Day</b></p>	<p><b>BREAKFAST:</b> French Toast Minis, Fruit, Juice, Milk <b>LUNCH:</b> Grilled Cheese OR Dippin Fun/ Cheese Cup, Goldfish Crackers, Celery, Vegetable Punch, Raisins, Tomato Soup, Frozen Slushy, Raisins</p>
25	26	27	28	29
<p><b>BREAKFAST:</b> Strawberry Crackers, String Cheese, Fruit, Juice, Milk <b>LUNCH:</b> Corn Dog on a Stick OR Egg Canadian Bacon Muffin, Potato Salad, Baked Beans, Apple Slices, Juice</p>	<p><b>BREAKFAST:</b> Waffle Minis, Fruit, Juice, Milk <b>LUNCH:</b> Local Pizza Hut Pizza w/Pizza Sauce OR Egg Salad Bunny Wrap w/Chex, Rainbow Garden Bar, Rosy Applesauce, Fruit Slushy</p>	<p><b>BREAKFAST:</b> Soft Granola Bar, Yogurt Cup, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Patty Sandwich OR Bosco Cheese Sticks w/Marinara, Baked Fries, Sour Raisins, Pears</p>	<p><b>BREAKFAST:</b> Chocolate Chip Loaf, Cheddar Stick, Fruit, Juice, Milk <b>LUNCH:</b> Two Tacos OR Sack Lunch: Cheese Stick, Yogurt, Honey Grahams, Fruit &amp; Vegetable, Corn, Lettuce, Salsa, Banana, Juice</p> <p style="text-align: center;"><b>Senior Citizens' Lunch Day</b></p>	<p><b>BREAKFAST:</b> Cereal, Goldfish Crackers, Fruit, Juice, Milk <b>LUNCH:</b> Cheese Quesadilla OR Grilled Cheese, Seasoned Beans, Strawberries, Cantaloupe</p>

**Nora Harstford**  
**Class of 2017 Graduate:**

*The teacher that inspired me the most is...*



**Jody Smithback, Grade 4 Teacher**  
**Sullivan Elementary School**

**Nora states:** "Your class was the first class that I really felt pushed to do good. I felt like I had to be competing against myself and pushed to do better."

Fourth grade was when it really kicked in that I really had to start pushing myself and I've kept doing it."

