

Menus for SEPTEMBER 2018

Louisa County Middle School

This institution is an equal opportunity provider. Menus are subject to change.

HEY KIDS (& PARENTS)!

Breakfast at our school restaurant offers you a convenient (and tasty!) alternative for the most important meal of the day! The SAME APPLICATION qualifies you for free or reduced-price BREAKFAST AND LUNCH, and we accept applications all year long. Please join us often! Call xxx-xxxx for more information.



2 Week Cycle Menu!

Week 1 and 3

Monday: Dutch Waffle, Fruit/Juice
Tuesday: Bacon, Egg & Cheese Burrito, Juice/Fruit
Wednesday: Breakfast Pizza, Juice/Fruit
Thursday: Sausage Biscuit & Gravy, Fruit/Juice
Friday: French Toast Sticks w/ Syrup, Fruit/Juice

Week 2 and 4

Monday: Apple Cinnamon French Toast, Fruit/Juice
Tuesday: Chicken Biscuit, Juice/Fruit
Wednesday: Breakfast Pizza, Juice/Fruit
Thursday: Sausage Biscuit & Gravy, Fruit/Juice
Friday: French Toast w/ Syrup, Fruit/Juice

Additional Entrees Offered Daily

Cereal w/ Toast or Graham Crackers, Breakfast Bar, Banana Bread, Zucchini Bread, Blueberry Bread, Fortified Donut—Choice of Milk Daily

We are pleased to provide
**FREE AND
REDUCED-PRICE MEALS**
for all students who qualify.
It's simple to apply and we accept
applications all year.

Learn more at
www.lcpsnutrition.com
or call 540-894-5115

HAPPY LABOR DAY!



Try not to be **BLUE**
about Summer's end—
enjoy the last sweet
days of the season
BERRY much!

Tuesday, Sept. 4

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Chicken Caesar Shaker Salad
Buffalo Chicken Sandwich
Macaroni & Cheese w/ Catfish
& Wheat Roll
Pizza Quesadilla
Choose Two
Steamed Spinach
Steamed Green Beans
Choose One
Chilled Mixed Fruit
Strawberry Cup
Choice of Milk

Wed., September 5

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Fruity Chicken Shaker Salad
Chicken Patty on Bun
BBQ on Bun
Corn Dog Nuggets
Choose Two
Vegetarian Beans
Spicy Waffle Fries
Baby Carrots w/ Dip
Choose One
Fresh Orange Wedges
Chilled Pineapple
Choice of Milk

Thursday, Sept. 6

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Cinnamon Bread Combo
Cheeseburger on Bun
Taco Salad
Popcorn Chicken w/ Wheat Roll
Breakfast for Lunch
Dutch Waffle w/ Sausage Patty
w/ Syrup
Choose Two
Tater Tots
Fresh Veggie Cup
Choose One
Cinnamon Apples
Frozen Juice Cup
Choice of Milk

Friday, September 7

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Chopped Veggie Shaker Salad
BBQ Chicken Flatbread Melt
Chili/Cheese Nachos
Buffalo Chicken Wrap
Choose Two
Tossed Salad
Sweet Kernel Corn
Choose One
Fresh Grapes
Chilled Applesauce
Choice of Milk

Monday, Sept. 10

Choose One
PB&J Uncrustable Grab N Go
Chobani Yogurt /String Cheese/
Zucchini Bread Combo
Chef Shaker Salad
Cheeseburger on Bun
3 Meat Pizza
Popcorn Chicken w/ Wheat Roll
Choose Two
Steamed Green Beans
Steamed Broccoli
Choose One
Chilled Pineapple
Chilled Pears
Choice of Milk

Tuesday, Sept. 11

Choose One
PB&J Uncrustable Grab N Go
Chobani Yogurt /String Cheese/
Zucchini Bread Combo
Chicken Caesar Shaker Salad
Buffalo Chicken Sandwich
Turkey & Gravy w/ Wheat Roll
Or Pizza Calzone
Choose Two
Mashed Potatoes
Sweet Peas & Carrots
Choose One
Chilled Fruit
Fresh Fruit
Choice of Milk

Wed., September 12

Choose One
PB&J Uncrustable Grab N Go
Chobani Yogurt /String Cheese/
Zucchini Bread Combo
Fruity Chicken Shaker Salad
Chicken Patty on Bun
Pizza Crunchers
Chicken & Cheese Nachos
Choose Two
Sweet Kernel Corn
Fiesta Black Beans
Choose One
Chilled Mixed Fruit
Fresh Apple Slices
Choice of Milk

Thursday, Sept. 13

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Cinnamon Bread Combo
Cheeseburger on Bun
Taco Salad
Spaghetti w/ Meat Sauce w/
Garlic Stick
Pizza Dippers
Choose Two
Baby Carrots w/ Ranch
Tossed Salad
Choose One
Chilled Fruit
Fresh Fruit
Choice of Milk

Friday, September 14

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Chicken Caesar Shaker Salad
Chicken Sandwich
Chicken Tenders w/ Wheat Roll
BBQ on Bun
Choose Two
Sweet Kernel Corn
Spicy Waffle Fries
Choose One
Chilled Pineapple
Apple/Pear/Blueberry Cup
Choice of Milk

NUTRITION TO GO

Macaroni and Cheese is another
kids' favorite that, like pizza, may
have a worse nutritional reputation
than it deserves. Today's healthier
Mac 'n' Cheese is typically made with
lower-fat cheese, which cuts the
total fat content down to around
30% of calories. It's loaded
with calcium and contains
fiber, too!

A QUICK BITE FOR PARENTS

Monday, Sept. 17

- Choose One
- PB&J Uncrustable Grab N Go
- Chobani Yogurt /String Cheese/
Zucchini Bread Combo
- Chef Shaker Salad
- Cheeseburger on Bun
- Stuffed Crust Pizza
- Meatball Sub
- Choose Two
- Steamed Green Beans
- Steamed Broccoli
- Choose One
- Chilled Pineapple
- Fresh Orange Wedges
- Choice of Milk

Tuesday, Sept. 18

- Choose One
- PB&J Uncrustable Grab N Go
- Chobani Yogurt /String Cheese/
Zucchini Bread Combo
- Chicken Caesar Shaker Salad
- Buffalo Chicken Sandwich
- Asian Rice Bowl
- Sweet & Sour Chicken
- Or Thai Chili Meatballs
- Choose Two
- Egg Roll
- Sweet Peas & Carrots
- Choose One
- Chilled Fruit
- Fresh Fruit
- Choice of Milk

Wed., September 19

- Choose One
- PB&J Uncrustable Grab N Go
- Chobani Yogurt /String Cheese/
Zucchini Bread Combo
- Fruity Chicken Shaker Salad
- Chicken Patty on Bun
- Pizza Crunchers
- Chili/ Cheese Nachos
- Choose Two
- Sweet Kernel Corn
- Fiesta Black Beans
- Choose One
- Chilled Mixed Fruit
- Fresh Apple Slices
- Choice of Milk

Thursday, Sept. 20

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/
Cinnamon Bread Combo
- Cheeseburger on Bun
- Taco Salad
- Spaghetti w/ Meat Balls w/
Garlic Stick
- Pizza Dippers
- Choose Two
- Baby Carrots w/ Ranch
- Tossed Salad
- Choose One
- Chilled Fruit
- Fresh Fruit
- Choice of Milk

Friday, September 21

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/
Zucchini Bread Combo
- Chopped Veggie Shaker Salad
- Southwest Chicken Wrap
- 4 Cheese Pizza
- Macaroni & Cheese w/
Popcorn Shrimp
- Choose Two
- Steamed Green Beans
- Steamed Spinach
- Cherry Tomatoes w/ Ranch
- Choose One
- Chilled Applesauce
- Strawberry Cup
- Choice of Milk

Monday, Sept. 24

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/
Zucchini Bread Combo
- Chef Shaker Salad
- Cheeseburger on Bun
- Soft Taco
- Chicken Nuggets w/ Wheat Roll
- Choose Two
- Baby Carrots w/ Dip
- Fiesta Black Beans
- Choose One
- Chilled Pears
- Fresh Apple Slices
- Choice of Milk

Tuesday, Sept. 25

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/
Zucchini Bread Combo
- Chicken Caesar Shaker Salad
- Buffalo Chicken Sandwich
- Macaroni & Cheese w/ Catfish
& Wheat Roll
- Pizza Quesadilla
- Choose Two
- Steamed Spinach
- Steamed Green Beans
- Choose One
- Chilled Mixed Fruit
- Peach Cup
- Choice of Milk

Wed., September 26

- Johnny Appleseed Day!**
- Choose One
 - PB&J Uncrustable Grab N Go
 - Greek Yogurt /String Cheese/
Zucchini Bread Combo
 - Fruity Chicken Shaker Salad
 - Chicken Patty on Bun
 - BBQ on Bun
 - Corn Dog Nuggets
 - Choose Two
 - Vegetarian Beans
 - Spicy Waffle Fries
 - Baby Carrots w/ Dip
 - Choose One
 - Fresh Orange Wedges
 - Chilled Pineapple
 - Choice of Milk

Thursday, Sept. 27

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/
Cinnamon Bread Combo
- Cheeseburger on Bun
- Taco Salad
- Popcorn Chicken w/ Wheat Roll
- Breakfast for Lunch
- Dutch Waffle w/ Sausage Patty
w/ Syrup
- Choose Two
- Tater Tots
- Fresh Veggie Cup
- Choose One
- Blueberry/Pear/ Apples
- Frozen Juice Cup
- Choice of Milk

Friday, September 28

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/
Zucchini Bread Combo
- Chopped Veggie Shaker Salad
- BBQ Chicken Flatbread Melt
- Chili/Cheese Nachos
- Buffalo Chicken Wrap
- Choose Two
- Tossed Salad
- Sweet Kernel Corn
- Choose One
- Fresh Grapes
- Chilled Applesauce
- Choice of Milk

DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**



Johnny Appleseed's real name was John Chapman. He was born on September 26, 1774. He was a "nurseryman," someone who plants and tends trees. He got his nickname by introducing the apple tree to large parts of Ohio, Indiana, and Illinois.



The original value meal & still a fantastic deal!

— Breakfast — — Lunch —

\$1.35 **\$2.90**

Get in touch with us today to learn more about free and reduced-price meals in our district.