

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**NO SCHOOL  
LABOR DAY**
**4**
**Cabot Macaroni and Cheese**

 Roasted Zucchini  
 Honey Glazed Carrots  
 Homemade Whole Wheat Roll  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**5**
**Homemade Welcome Back  
Pizza**

 Pepperoni, Cheese, Veggie  
 Tomato and Cucumber Salad  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**Sloppy Joe**
**on A Whole Wheat Bun**  
 Steamed Broccoli  
 Corn on the Cob  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**6**
**Misty Knoll  
Chicken Drumstick**

 With BBQ Sauce  
 Whole Grain Corn Bread  
 Corn on the Cob  
 Baked Beans  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**Chicken Terriyaki**

 Stir Fied Brown Rice  
 Stir Fried Green Beans with Carrots  
 Veggie Eggroll  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**7**
**Turkey, Bacon, Cheddar  
Or Veggie Wrap**

 Spinach and Strawberry Salad  
 Carrot Sticks  
 Carrot Muffin  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**1**
**Baked Potato Bar**

 Ham, Broccoli, Cheese  
 Chick Pea Salad  
 Fluffy Whole Grain Biscuit  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**8**
**Grilled Cheese Sandwich**

 Tomato Tortellini Soup  
 Grilled Zucchini  
 Carrot Sticks  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**11**
**Taco Tuesday  
Two Tacos – Beef or Bean**

 Cheddar Cheese  
 Mexican Brown Rice  
 Seasoned Black Beans \*\*\* Corn  
 Corn Bread \*\* Salsa & Sour Cream  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**12**
**Pizza**

 Pepperoni, Cheese, Veggie  
 Tomato and Cucumber Salad  
 Carrot Sticks  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**13**
**Spaghetti with  
Meat Sauce or Marinara Sauce**

 Steamed Broccoli  
 Garlic Bread  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**14**
**Crispy Chicken Tenders**

 Roasted Green Beans  
 Creamy Coleslaw  
 Oatmeal Muffin  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**15**
**Italian Dunkers  
Cheesy Baked Breadsticks**

 With Marinara Sauce  
 Roasted Chick Peas  
 Honey Roasted Carrots  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**18**
**Local Beef and Bean Chili**

 Cheddar Cheese  
 Corn Chips  
 Corn on the Cob  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**19**
**Chicken Alfredo Pasta  
Or Alfredo Pasta with Veggies**

 Roasted Green Beans  
 Cucumber Salad  
 Honey Oat Rolls  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**20**
**BREAKFAST FOR LUNCH  
Cheesy Scrambled Eggs**

 French Toast Sticks  
 Maple Syrup  
 Steamed Broccoli  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**21**
**Deli Day  
Turkey, Ham ,Cheese  
On Whole Wheat Bread**

 Lettuce, Tomato  
 Cheddar Broccoli Soup  
 Tossed Romaine Salad  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**22**
**Whole Grain Ravioli  
w/ Marinara Sauce**

 Cottage Cheese  
 Buttery Green Beans  
 Garlic Bread  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**25**
**Chicken and Biscuits  
w/ Seasonal Veggies**

 Steamed Broccoli  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**26**
**Meatball or Roasted Veggie  
Subs**
**w/ Mozzarella and Marinara**  
 on Whole Wheat Bun  
 Roasted Zucchini  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**27**
**Chicken Fajita**

 On Whole Grain Tortilla  
 Grilled Peppers and Onion  
 Corn  
 Sour Cream and Salsa  
 Corn Bread Muffin  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**28**
**Hamburger, Cheeseburger  
Or Veggie Burger**

 Lettuce & Tomato  
 On Whole Grain Bun  
 Baked Beans  
 Seasoned Potato Wedges  
 \*Fresh Fruit and Veggie Bar\*  
 Milk

**29**
**PRICES**

Paid Breakfast - \$1.25

Paid Lunch \$2.50

Reduced Breakfast and Lunch – FREE

Milk w/o a meal - \$.65

Adult Breakfast \$2.00      Adult Lunch \$5.00

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.

This institution is an equal opportunity provider.