



Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL LABOR DAY 2	Cheesy Breadstick 3 Marinara Sauce Buttery Green Beans Roasted Chick Peas Fresh Fruit and Veggie Bar Milk	BREAKFAST FOR LUNCH 4 Cheesy Scrambled Eggs French Toast Sticks w/ VT Syrup Roasted Red Potatoes Steamed Broccoli Fresh Fruit and Veggie Bar Milk	Mandarin Orange Chicken or Tofu 5 Cabbage and Carrot Stir Fry Brown Rice Fortune Cookie Fresh Fruit and Veggie Bar Milk	Turkey Sandwich on WW Bread with Lettuce 6 Or Hummus and Veggie Wrap Broccoli Cheese Soup Cucumber/Apple Salad Fresh Fruit and Veggie Bar Milk
Whole Grain Cheese Ravioli Primavera 9 Cheesy White Sauce or Marinara Steamed Summer Veggies (Zucchini, Green Beans, Carrot) Cottage Cheese Fresh Fruit and Veggie Bar Milk	Hand Rolled Beef & Cheese Or Bean & Cheese BURRITO 10 On WW Tortilla Brown Rice Corn Chili Roasted Carrots Fresh Fruit and Veggie Bar Milk	PIZZA DAY 11 Cheese, Pepperoni, Veggie Caesar Salad with Croutons Fresh Fruit and Veggie Bar Milk	Misty Knoll Chicken Drumstick Or Baked Tofu w/ BBQ Sauce 12 Baked Beans Roasted Broccoli Dinner Roll Fresh Fruit and Veggie Bar Milk	Baked Potato Bar 13 Baked Potato Ham/Broccoli/Cheese "Fixins" Cornbread Tomato Cucumber Salad Fresh Fruit and Veggie Bar Milk
Grilled Cheese or Grilled Ham and Cheese 16 Tomato Tortellini Soup Garden Cucumber Spears Fresh Fruit and Veggie Bar Milk	MAKE YOUR OWN 17 Fajita Wrap Seasoned Chicken or Tofu On WW 8" Tortilla Choose: Cheese, Peppers, Onion, Sour Cream, Salsa Rice Corn Fresh Fruit and Veggie Bar Milk	Chicken Alfredo Pasta Or Pasta Alfredo 18 Tender Sweet Peas Sweet Potato Half WW Dinner Roll Fresh Fruit and Veggie Bar Milk	Meatballs or Roasted Veggie Sub Sandwich 19 w/ Mozzarella Cheese Marinara Sauce Roasted Zucchini Chick Pea Salad Fresh Fruit and Veggie Bar Milk	Fish and Chips Breaded Fish Sticks 20 Roasted Potato Wedges Baked Beans Tossed Salad Homemade Muffin Fresh Fruit and Veggie Bar Milk
Macaroni and Cabot Cheese 23 Tender Sweet Peas Roasted Carrot and Sweet Potato Cottage Cheese WG Biscuit Fresh Fruit and Veggie Bar Milk	NACHOS 24 Mexican Beef or Beans Homemade Cheese Sauce Sour Cream Salsa Rice Corn Fresh Fruit and Veggie Bar Milk	PIZZA DAY 25 Cheese, Pepperoni, Veggie Caesar Salad with Croutons White Bean Salad Fresh Fruit and Veggie Bar Milk	Meaty Shepherd's Pie 26 Mashed Potatoes Or Lentils and Greens Garlic Bread Stick Buttery Green Beans Fresh Fruit and Veggie Bar Milk	Turkey Bacon Cheddar 27 Or Hummus and Veggie Wrap Kale Caesar Salad Sliced Cucumbers and Zucchini Heartzel WG Pretzels Fresh Fruit and Veggie Bar Milk
WW Rotini with 30 Meat Sauce or Marinara Garlic Bread Spinach Salad with Strawberry Fresh Fruit and Veggie Bar Milk	<div style="border: 1px solid black; padding: 5px;"> <p align="center">PRICES</p> <p align="center">Breakfast - \$1.50 Paid Lunch \$2.85 Reduced <u>and</u> Free Lunch - FREE Milk w/o a meal - \$.65 Adult Breakfast \$2.50 Adult Lunch \$5.00</p> <p align="center">Please pay for meals in advance or apply for Free meals</p> </div>			

