

Monday
**NO SCHOOL
LABOR DAY**
2
Tuesday
Cheesy Breadstick
 Marinara Sauce
 Buttery Green Beans
 Roasted Chick Peas
 Fresh Fruit and Veggie Bar
 Milk

3
Wednesday
BREAKFAST FOR LUNCH
 Cheesy Scrambled Eggs
 French Toast Sticks w/ VT Syrup
 Roasted Red Potatoes
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

4
Thursday
**Mandarin Orange
Chicken or Tofu**
 Cabbage and Carrot Stir Fry
 Brown Rice
 Fortune Cookie
 Fresh Fruit and Veggie Bar
 Milk

5
Friday
**Turkey Sandwich on
WW Bread with Lettuce**
 Or Hummus and Veggie Wrap
 Broccoli Cheese Soup
 Cucumber/Apple Salad
 Fresh Fruit and Veggie Bar
 Milk

6
**Whole Grain Cheese Ravioli
Primavera**

 Cheesy White Sauce or Marinara
 Steamed Summer Veggies
 (Zucchini, Green Beans, Carrot)
 Cottage Cheese
 Fresh Fruit and Veggie Bar
 Milk

9
**Hand Rolled Beef & Cheese
Or Bean & Cheese BURRITO**

 On WW Tortilla
 Brown Rice
 Corn
 Chili Roasted Carrots
 Fresh Fruit and Veggie Bar
 Milk

10
PIZZA DAY

 Cheese, Pepperoni, Veggie
 Caesar Salad with Croutons
 Fresh Fruit and Veggie Bar
 Milk

11
**Misty Knoll Chicken Drumstick
Or Baked Tofu w/ BBQ Sauce**

 Baked Beans
 Roasted Broccoli
 Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

12
Baked Potato Bar

 Baked Potato
 Ham/Broccoli/Cheese "Fixins"
 Cornbread
 Tomato Cucumber Salad
 Fresh Fruit and Veggie Bar
 Milk

13
**Grilled Cheese or
Grilled Ham and Cheese**

 Tomato Tortellini Soup
 Garden Cucumber Spears
 Fresh Fruit and Veggie Bar
 Milk

16
MAKE YOUR OWN

 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

17
**Chicken Alfredo Pasta
Or**
Pasta Alfredo
 Tender Sweet Peas
 Sweet Potato Half
 WW Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

18
**Meatballs or Roasted Veggie
Sub Sandwich**

 w/ Mozzarella Cheese
 Marinara Sauce
 Roasted Zucchini
 Chick Pea Salad
 Fresh Fruit and Veggie Bar
 Milk

19
**Fish and Chips
Breaded Fish Sticks**

 Roasted Potato Wedges
 Baked Beans
 Tossed Salad
 Homemade Muffin
 Fresh Fruit and Veggie Bar
 Milk

20
Macaroni and Cabot Cheese

 Tender Sweet Peas
 Roasted Carrot and Sweet Potato
 Cottage Cheese
 WG Biscuit
 Fresh Fruit and Veggie Bar
 Milk

23
NACHOS

 Mexican Beef or Beans
 Homemade Cheese Sauce
 Sour Cream Salsa
 Rice
 Corn
 Fresh Fruit and Veggie Bar
 Milk

24
PIZZA DAY

 Cheese, Pepperoni, Veggie
 Caesar Salad with Croutons
 White Bean Salad
 Fresh Fruit and Veggie Bar
 Milk

25
Meaty Shepherd's Pie

 Mashed Potatoes
 Or Lentils and Greens
 Garlic Bread Stick
 Buttery Green Beans
 Fresh Fruit and Veggie Bar
 Milk

26
Turkey Bacon Cheddar

 Or
 Hummus and Veggie Wrap
 Kale Caesar Salad
 Sliced Cucumbers and Zucchini
 Heartzel WG Pretzel
 Fresh Fruit and Veggie Bar
 Milk

27
WW Rotini with

 Meat Sauce or Marinara
 Garlic Bread
 Spinach Salad with Strawberry
 Fresh Fruit and Veggie Bar
 Milk

30
PRICES

 Breakfast - FREE
 Paid Lunch \$2.85
 Reduced and Free Lunch - FREE
 Milk w/o a meal - \$.65
 Adult Breakfast \$2.50 Adult Lunch \$5.00
**Please pay for meals in advance
or apply for Free meals**

PAY FOR MEALS ONLINE
 MySchoolBucks.com