

Monday
NO SCHOOL LABOR DAY **2**
Tuesday
Cheesy Breadstick **3**
 Marinara Sauce
 Buttery Green Beans
 Roasted Chick Peas
 Fresh Fruit and Veggie Bar
 Milk

Wednesday
BREAKFAST FOR LUNCH **4**
 Cheesy Scrambled Eggs
 French Toast Sticks w/ VT Syrup
 Roasted Red Potatoes
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

Thursday
Mandarin Orange Chicken or Tofu **5**
 Cabbage and Carrot Stir Fry
 Brown Rice
 Fortune Cookie
 Fresh Fruit and Veggie Bar
 Milk

Friday
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

PRICES
 Breakfast - \$1.50
 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


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 MySchoolBucks.com