

**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  
**SEPTEMBER B-DAY TREAT**
**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 - 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**


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