



**Welcome Back!**

School meals are "right-sized", meaning each student gets the right portions of each food group.

School cafeteria meals offer the students a variety of fresh fruits and vegetables, choice of non-fat or low fat milk and entrees that are lower in fat, sodium and sugar.

**What is Nutrition Services doing to make our meals healthier?**

- All grains on the menu are whole grain-rich.
- Foods meet the lower sodium requirements.
- Approximately 50% of the fresh fruits and vegetables on the salad bars will be purchased locally.

For more information, please check out the back side of the menu!

Students must select three of the five food groups. One choice must be fruits or vegetables.

This institution is an equal opportunity provider.

# September 2016



\*Please refer to the back of this menu for information on applying for the meal program and to put money on your student's account.

Daily Milk & Juice Choices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>September is Whole Grains Month! Look for whole grains on the menu each day!</b></p>	<p><b>Alternative Menu Choices:</b></p> <ol style="list-style-type: none"> <li>1. PB&amp;J Sandwich (W)</li> <li>2. Cup of Yogurt (F,P)</li> <li>3. Grilled Cheese (W)</li> <li>4. Entrée Salad (W,V,M) (Mon-Thur)</li> </ol>	<p><b>Lunch Pricing:</b></p> <p>Paid \$3.00 Reduced \$0.40 Milk \$0.50</p> <p>*Contains Pork **Menu Subject to change</p>	<p>1</p>	<p>2</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8 <b>1st Day of School!!</b></p> <p><b>Tyson Oven Baked Chicken Nuggets (W)</b> Oven Baked Waffle Fries Whole Grain Roll (W) Chocolate Chip Cookie (W) <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>9</p> <p><b>Domino's Cheese Pizza (M,P,F,W)</b> made on a Whole Grain Crust Mixed Fruit <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>
<p>12</p> <p><b>Yang's Teriyaki Chicken (P,F)</b> Brown Rice (W,F) Fresh Apple Slices <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>13</p> <p><b>Taco Tuesday</b> <b>Soft Chicken Tacos (W,P)</b> with Salsa, Shredded Lettuce and Cheese Pinto Beans <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>14</p> <p><b>Papa John's Cheese Pizza (W,M)</b> made on a Whole Grain Crust Juicy Sliced Pears <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>15</p> <p><b>Brunch For Lunch</b> Cinnamon French Toast (W) Lean Beef Sausage (P) Applesauce <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>16</p> <p><b>Cheese Pizza (W)</b> SideKicks 100% Frozen Juice (V) <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>
<p>19</p> <p><b>BBQ Chicken Drummies (F,P)</b> Fluffy Mashed Potatoes Whole Grain Biscuit (W) <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>20</p> <p><b>Cheeseburger or Hamburger (W,F)</b> Oven Baked Seasoned Fries <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>21</p> <p><b>Cheese Ravioli Dippers (W)</b> with Marinara Sauce Whole Grain Breadstick (W) Mixed Fruit <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>22</p> <p><b>Mini Chicken Corn Dogs (W,P)</b> BBQ Baked Beans (P,F) <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>23</p> <p><b>Domino's Cheese Pizza (M,P,F,W)</b> made on a Whole Grain Crust Juicy Sliced Pears <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>
<p>26</p> <p><b>Brunch For Lunch</b> Pancakes (W) Lean Beef Sausage (P) Mixed Fruit <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>27</p> <p><b>Cheese Quesadilla (W)</b> Refried Beans <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>28</p> <p><b>Papa John's Cheese Pizza (W,M)</b> made on a Whole Grain Crust Fresh Baby Carrots <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>29</p> <p><b>Crispy Chicken Sandwich (W,F)</b> on a Whole Grain Bun Baked Potato Wedges <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>	<p>30</p> <p><b>Rip &amp; Dip Cheese Pizza (W)</b> with Marinara Sauce Applesauce <i>Fresh Fruit &amp; Vegetable Bar (M,V)</i></p>