

Available Daily

BREAKFAST IN THE CLASSROOM

Monday: Whole Grain Cereal & Yogurt Tuesday: Whole Grain Bagel & a **Variety of Toppings** Wednesday: Egg & Cheese **Breakfast Sandwich Thursday: Whole Grain Cinnamon or Apple Roll & Cheesestick** Friday: Whole Grain Muffin & Yogurt

Each Breakfast comes with Fresh Fruit or 100% Fruit Juice & Milk



Join us daily for the original value meal!

All of our complete meals are always

with no need to submit an application, thanks to the Community Eligibility Program!

Featured Specials of the Day

Thursday, August 30

Hot Diggity Dog On a Whole Wheat Bun Carrot & Cucumber Sticks With Low-fat Ranch Dip or Hummus Snack Chip Fresh Fruit

Friday, August 31

Personal Pizza With a Variety of Toppings Fresh Broccoli Trees with Low-Fat Dip Roasted Chick Peas **Assorted Fruit**



Tuesday, September 4

Chicken Fingers & Dip French Fries Green Beans **Assorted Fruit**

Wednesday, September 5

Cookout Day!

Hamburger w/ Cheese On a Whole Wheat Bun With Lettuce & Tomato

Cucumber Wheels with Low-Fat Ranch or Hummus

Tater Tots **Baked Beans** Cole Slaw

Thursday, September 6

Chicken Broccoli Alfredo Garlic Knot **Steamed Carrots Assorted Fruit**

Friday, September 7

Pizza Variety Day! Roasted Chick Peas Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus **Assorted Fruit**



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

(WELLNESS IS A WAY OF LIFE!)

This year, our menu will again feature regular Wellness tips, showing how diet, exercise, and taking care of yourself can help ensure that you stay healthy and at the top of your game!

Featured Specials of the Day

Monday, September 10

Chicken Patty on a Whole Wheat Bun With Smiley Fries & Green Beans

Tuesday, September 11

Philly Steak & Cheese Nachos
With Peppers & Onions, Salsa & Sour Cream
Bean Salad

Wednesday, September 12

Build-a-Sandwich Day!

Choose from Sliced Turkey, Ham, Tuna Salad, or Sunbutter & Jelly
On Wheat Goldfish Bread With Lettuce & Tomato
Cucumber Wheels with Low-Fat Ranch or Hummus
Snack Chip

Assorted Fruit

Thursday, September 13

Meatballs & Tomato Sauce Over Ziti Garlic Breadstick Garlic-Parmesan Broccoli

Friday, September 14

Pizza Variety Day
Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus

Please see reverse for items available daily

Featured Specials of the Day

Monday, September 17

KFC Chicken Bowl

Popcorn Chicken, Mashed Potatoes, Corn & Gravy
With a Whole Wheat Dinner Roll

Tuesday, September 18

Chicken Fajitas with Beans & Rice Served with Salsa & Sour Cream

Wednesday, September 19

Brunch!

French Toast Sticks with Syrup or Fruit Topping
Sausage & Smiley Fries
Honey Glazed Carrots

Thursday, September 20

Chicken Patty Parmesan
Chicken Patty with Tomato Sauce & Mozzarella Cheese
Over Pasta

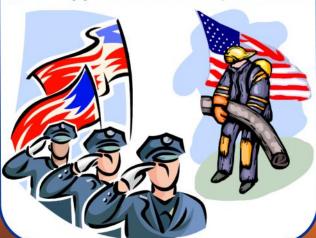
With Garlic —Parmesan Broccoli

Friday, September 21

Pizza Variety Day

Your choice of toppings on a Personal Pizza
With Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus

emembering our Heroes on September 11, and showing our support for them all year round.



Available Daily

A variety of Fresh Fruits

And Vegetables are available with

every meal!

Look for our LOCAL Produce

And our Harvest of the Month offerings

September's Harvest of the Month: LOCAL Tomatoes

Featured Specials of the Day

Monday, September 24

Chicken Fingers & Dip With French Fries Green Begns

Tuesday, September 25

Taco Tuesday!

Seasoned Turkey Meat & Cheese over Tortilla Chips with Rice, Beans , Corn & Diced Tomatoes With Salsa & Sour Cream

Wednesday, September 26

Cookout Day!

Hamburger w/ Cheese
On a Whole Wheat Bun With Lettuce & Tomato
Cucumber Wheels with Low-Fat Ranch or Hummus
Tater Tots, Baked Beans & Cole Slaw

Thursday, September 27

Chicken & Broccoli Alfredo
With Garlic Knot & Steamed Carrots

Friday, September 28

Pizza Variety Day!

Your choice of toppings on a Personal Pizza
With Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus