

SEPTEMBER 2018

tentative

A La Carte

MONDAY

3
Labor Day
No School

TUESDAY

4
Superintendents Day
No School

WEDNESDAY

5
Orientation Day

THURSDAY

6
Hot Dog on a Bun
Tator Tots
Boston Baked Beans
Apple/Fruit Cup

FRIDAY

7
Toasted Cheese
Tomato Soup
Fresh veggie cup
Fruit cup

PK-6
6oz Yogurt with String Cheese and Roll
PB&J Sandwich on Whole Grain Bread

MONDAY

10
Sampler Lunch
Chicken Strip/Mozz Stick
Marinara Sauce/Dip
Green Beans/WG Roll
Fruit Cup/Orange

TUESDAY

11
Hard Or Soft Tacos/Cheese
Romaine Lettuce, Tomato
Rice/Salsa, Corn
Melon Cubes/Fruit Cup

WEDNESDAY

12
Cheese OR Garlic Pizza
Carrot Cup/Dip
Assorted Fruit Cup

THURSDAY

13
BBQ Chicken on a Bun
French Fries
Baked Beans
Fruit Cup

FRIDAY

14
Deli Style Turkey or Egg Salad
Romaine Lettuce, Tomato
Sweet Potato Tots
Fruit Cup

CHOICE OF MILK
Fat Free-White, Fat Free-Chocolate, or Fat Free Strawberry

MONDAY

17
French Toast Sticks
Breakfast Sausage
Hash Brown
Asst.Fruit Cup /Veggie Juice

TUESDAY

18
Chicken Fajita With WG
Tortilla/Cheese
Lettuce ,Tomato, Salsa
Refried Beans, Broccoli
Grapes/Fruit Cup

WEDNESDAY

19
Cheese OR Garlic Pizza
Carrot Cup/Dip
Assorted Fruit Cup

THURSDAY

20
Homemade Spaghetti with Meat Sauce
Green Beans
WG Roll & Butter
Orange/Fruit Cup

FRIDAY

21
Fish Fillet on a Roll
French Fries
Coleslaw
Assorted Fruit Cups

Sept. 3rd Labor Day—No School
Sept 4th & 5th Superintendent's Day—No School

MONDAY

24
Specialty Burger on a Bun
Lettuce/Tomato/Cheese
Corn
Assorted Fruit

TUESDAY

25
Chicken Nuggets /Roll
Rice
Green Beans
Fruit Cup

WEDNESDAY

26
Cheese OR Garlic Pizza
Carrot Cup/Dip
Assorted Fruit Cup

THURSDAY

27
Meatball Sub with Sauce
Broccoli (steamed)
Apple/Fruit Cup

FRIDAY

28
Grilled Chicken Wrap
Peppers, Onions, Cheese
Carrots (steamed)/Salsa
Applesauce/Fruit Cup

Meal Prices PK- 6
Lunch \$1.90
*Menu subject to change

School News

DID YOU KNOW?

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.