

Monday, September 11

Chicken Parmesan Sandwich

Alternative Entrées
Fish Sandwich, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Tater Tots
Green Beans
Sliced Pears
Assorted Milk

Tuesday, September 12

Turkey Ham & Cheese on a Roll

Alternative Entrées
Fish Sandwich, Chicken Tender Salad or Garden Salad

Served with Choice of:
Baby Carrots
Lettuce & Tomato Fixins
100% Fruit Juice Cup
Assorted Milk

Wed., September 13

“Have It Your Way” Burger Day

Alternative Entrées
Fish Sandwich, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Baked Beans
Lettuce & Tomato Fixins
Orange Smiles
Assorted Milk

Thursday, September 14

Chicken Tenders & Tea Roll

Alternative Entrées
Fish Sandwich or Chef’s Choice Salads

Served with Choice of:
Steamed Broccoli
100% Fruit Juice Cup
Assorted Milk

Friday, September 15


Italian Dunkers w/Marinara Sauce

Alternative Entrées
Fish Sandwich or Chef’s Choice Salads

Served with Choice of:
Sweet Peas
Applesauce
Assorted Milk

10 x 2.

Here’s a simple way to roll a wellness “strike” twice a day, every day. Add just 10 minutes of daily exercise to whatever you’re doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 18

Popcorn Chicken w/Mashed Potatoes & Tea Roll

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Green Beans
Applesauce
Assorted Milk

Tuesday, September 19

Sliced Turkey on a Roll

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Chicken Tender Salad or Garden Salad

Served with Choice of:
Baked Beans
Baby Carrots
100% Fruit Juice Cup
Assorted Milk

Wed., September 20

Chicken Nuggets & Soft Pretzel Bites

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Sweet Peas
Sliced Pears
Assorted Milk

Thursday, September 21

Rosh Hashanah



No School Today

Friday, September 22

Garlic French Bread Pizza

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich or Chef’s Choice Salads

Served with Choice of:
Veggie Pick-up & Dip
Mixed Fruit
Assorted Milk

Monday, September 25

Chicken Sticks & Tea Roll

Alternative Entrées
Hamburger, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Tater Tots
Steamed Broccoli
Mixed Fruit
Assorted Milk

Tuesday, September 26

Bosco Sticks w/Marinara Sauce

Alternative Entrées
Hamburger, Chicken Tender Salad or Garden Salad

Served with Choice of:
Potato Smiles
100% Fruit Juice Cup
Assorted Milk

Wed., September 27

Walking Chili Bowl

Alternative Entrées
Hamburger, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Fiesta Fixins
Corn
Sliced Peaches
Assorted Milk

Thursday, September 28

“Have It Your Way” Chicken Patty

Alternative Entrées
Hamburger or Chef’s Choice Salads

Served with Choice of:
Seasoned Potatoes
Lettuce & Tomato Fixins
100% Fruit Juice Cup
Assorted Milk

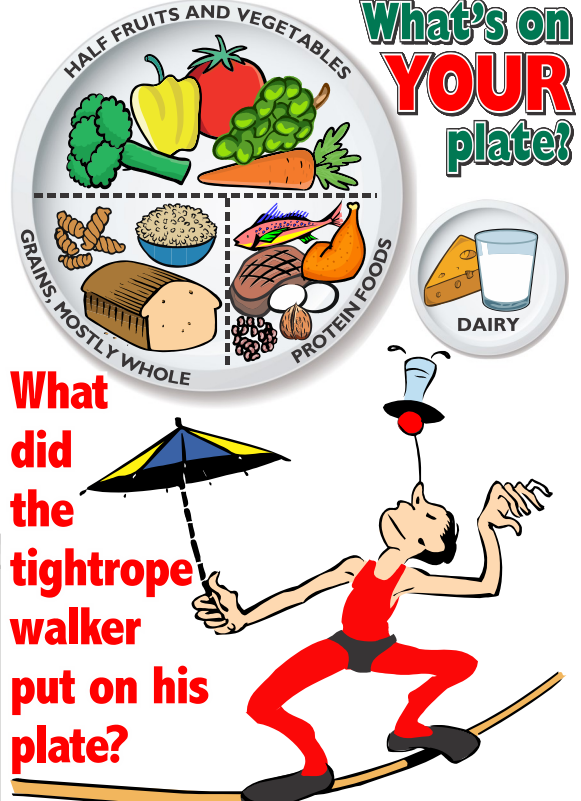
Friday, September 29

Pizzeria Pizza with or without Pepperoni

Alternative Entrées
Hamburger or Chef’s Choice Salads

Served with Choice of:
Veggie Pick-up & Dip
Applesauce
Assorted Milk

What’s on YOUR plate?



What did the tightrope walker put on his plate?

A WELL-BALANCED MEAL! And you should, too! Eating lots of different kinds of food is one of the best ways to stay healthy. Just follow the advice on the My Plate graphic and you’ll never lose your balance!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html