



Monday	Tuesday	Wednesday	Thursday	Friday
8/27 <i>NO SCHOOL</i> <i>TEACHER WORKSHOP DAY</i>	8/28 <i>NO SCHOOL</i> <i>TEACHER WORKSHOP DAY</i>	8/29 Spaghetti w/Meat Sauce or Marinara Whole Wheat Roll Baby Green Toss Salad with Black Beans Broccoli and Cauliflower with Ranch Dip Clementine	8/30 Ham & Mozzarella Cheese Whole Wheat Flat Bread Spinach Salad with Chick Peas Cherry Tomato & Carrots with Ranch Dip Fresh Cut Maple Glazed Apples	8/31 <i>NO SCHOOL</i>
3 <i>NO SCHOOL</i> <i>LABOR DAY</i>	4 Turkey Taco Tuesday Whole Wheat Flour Tortilla or Corn Shell w/Lettuce, Tomato, Cheese, Salsa & Sour Cream Brown Rice Pilaf Corn & Peas Carrots w/Ranch Dip Fresh Cut Pineapple	5 Whole Wheat Mac & Cheese, Plain or with Diced Ham Whole Wheat Roll Spinach Salad with Black Beans Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Apples	6 Hamburger/Cheeseburger on a Whole Wheat Bun Sweet Potato & Regular Fries Cucumber & Peppers with Ranch Dip Fresh Cut Watermelon	7 Filet of Fish on a Whole Wheat Bun Coleslaw Spinach Salad with Chick Peas Fresh Cut Cantaloupe
10 Chicken Noodle & Vegetable Soup Whole Wheat Roll Baby Green Toss Salad with Black Beans Cherry Tomato with Ranch Dip Fresh Cut Cantaloupe	11 Grilled Chicken Breast w/Fresh Tomato Salsa and Black Beans Caesar Salad Home Made Corn Bread Broccoli with Ranch Dip Fresh Cut Pineapple	12 Whole Wheat Baked Penne Pasta w/Marinara Sauce & Topped with Mozzarella Cheese Whole Wheat Roll Spinach Salad Cauliflower & Peppers with Ranch Dip Fresh Cut Apples	13 Breakfast "4" Lunch Whole Wheat French Toast Served with Local Maple Syrup Sausage Tater Tots Apple Sauce Fresh Cut Cantaloupe	14 Whole Wheat French Bread Pizza (Cheese or Pepperoni) Brown Rice & Orzo Vegetable Salad Caesar Salad Carrots & Peppers with Ranch Dip Clementine
17 Oven Baked Boneless Pork Chop with Gravy Mash Potato Whole Wheat Roll Peas Carrots with Ranch Dip Fresh Cut Pineapple	18 Turkey & Cheddar Cheese on Whole Wheat Flat Bread Whole Wheat Pasta & Vegetable Salad w/Chick Peas Cauliflower & Cucumber with Ranch Dip Fresh Cut Cantaloupe	19 American Chop Suey Whole Wheat Roll Caesar Salad Broccoli & Red Pepper with Ranch Dip Clementine	20 BBQ Pulled Pork Sandwich on a Whole Wheat Bun Mango Coleslaw French Fries Cucumber with Ranch Dip Fresh Cut Pineapple	21 Grilled Cheese on Whole Wheat Bread Cream of Tomato Soup Spinach Salad with Black Beans Fresh Cut Apple
24 Grilled Ham & Cheese Sandwich on Whole Wheat Bread Whole Wheat Pasta Vegetable Salad with Black Beans Caesar Salad Fresh Cut Watermelon	25 Breaded Chicken Cutlet with Gravy Mash Potato Green Beans Whole Wheat Roll Carrots w/Ranch Dip Peaches	26 Whole Wheat Mac & Cheese Whole Wheat Roll Baby Green Toss Salad Peas Fresh Cut Cantaloupe	27 Beef Chili w/Shredded Cheese & Sour Cream Corn Tortilla Chips with Tomato & Roasted Corn Salsa Spinach Salad with Black Beans Fresh Cut Apples	28 Fish Taco on Whole Wheat Totilla or Corn Shell w/Lettuce, Tomato, Cheese, Salsa, Sour Cream Coleslaw Brown Rice Pilaf Broccoli & Cucumber with Ranch Dip Fresh Cut Watermelon

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.60 (Milk or Juice Included)

Drink Choices: Fat Free Skim Milk,

Low Fat Milk (White, Chocolate-Friday's Only)

Juice (Orange, Cranberry, Grape, Apple)

Alternative Lunches Available:

Deli Meats & Cheese on Multi Grain Bread

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