



This institution is an equal opportunity provider. Menus are subject to change.



HAPPY LABOR DAY!

NO SCHOOL MONDAY, SEPTEMBER 5

Tuesday, September 6

Lunch Entrées
(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)

Crisp Cucumber Sticks w/Ranch Dip
Golden Sweet Corn
Amazin' Raisins
Fresh Orange Wedges

Wednesday, September 7

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Ham, Egg & Cheese English Muffin

Lunch Sides
(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Cinnamon Baked Apples

Thursday, September 8

Lunch Entrées
(Choose 1)

Spaghetti & Meatball w/breadstick
Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)

Fresh Made Broccoli Salad
Steamed Green Peas
Diced Freestone Peaches

Friday, September 9

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Fun Fish Nuggets w/Corn Muffin

Lunch Sides
(All Included)

Crunchy Baby Carrots
Crinkle Cut Oven Fries
Fresh Apple Slices

Monday, September 12

Lunch Entrées
(Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
PB&J Uncrustable Combo Meal

Lunch Sides
(All Included)

Crispy Tater Coins
Lettuce & Sliced Tomato
Mandarin Orange Sections

Tuesday, September 13

Lunch Entrées
(Choose 1)

Popcorn Chicken Bites
PB&J Uncrustable Combo Meal

Lunch Sides
(All Included)

Steamed Green Peas
Garden Pasta Salad
Diced Pears

Wednesday, September 14

Lunch Entrées
(Choose 1)

Honey BBQ Rib on WG Bun
PB&J Uncrustable Combo Meal

Lunch Sides
(All Included)

Crinkle Cut Oven Fries
Romaine Garden Salad
Chilled Pineapple Tidbits

Thursday, September 15

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
PB&J Uncrustable Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli Florets
Seasoned Pinto Beans
Applesauce

Friday, September 16

Lunch Entrées
(Choose 1)

Pizza Crunchers
PB&J Uncrustable Combo Meal

Lunch Sides
(All Included)

Crisp Cucumber Sticks w/Ranch Dip
Savory Potato Wedges
Mixed Fruit Cocktail

INTERSESSION SEPTEMBER 12-16

Thursday, September 1

Lunch Entrées
(Choose 1)

School Made Mac & Cheese
Corn Dog Nuggets

Lunch Sides
(All Included)

Steamed Broccoli
Romaine Garden Salad
Applesauce

Friday, September 2

Early Dismissal

Lunch Entrées
(Choose 1)

Ham & Cheese on WG Flatbread
Turkey & Cheese on WG Flatbread offered with Heartzel Pretzels

Lunch Sides
(All Included)

Crunchy Baby Carrots
V-blend Juice
Fresh Apple Slices

Breakfast Menus

September 1-2, 12-16, 26-30

Monday: Pillsbury WG FRUDEL
Tuesday: Cereal & Elf Grahams
Wednesday: Pillsbury WG MINI PANCAKES
Thursday: Cereal & Elf Grahams
Friday: Yogurt & Giant Goldfish Grahams

September 6-9, 19-23

Monday: Cereal & Goldfish Grahams
Tuesday: Yogurt & WG Muffin
Wednesday: Pillsbury WG MINI CINNIS
Thursday: Breakfast Chicken Slider
Friday: Cereal & Elf Grahams

Breakfast includes:
Fruit Juice, 1 Serving of Fruit & Milk

September 11, 2001



In eternal remembrance of the victims, in continued support of their families, and in undying gratitude to the heroes.

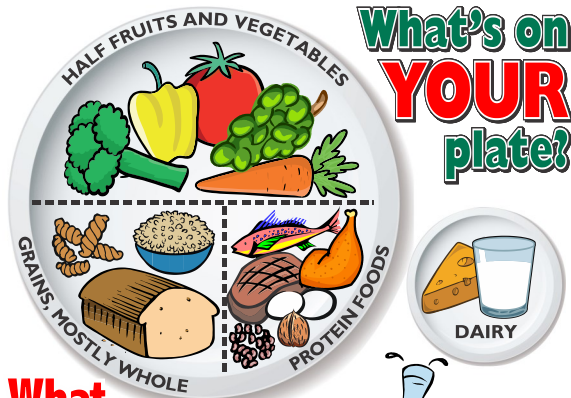
Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared **Chef Salad**
served w/CROUTONS or CRACKERS

JIF Protein Pack Combo Meal (Wednesdays)

Choice of 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

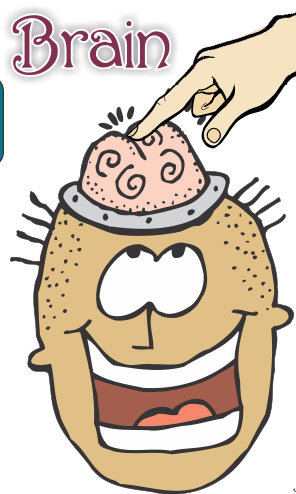
NUTRITION TO GO

People seem to either love broccoli or hate it – and the haters aren't all six year olds! Scientists say that some people are highly sensitive to a bitter tasting compound in broccoli and other vegetables that most folks don't taste at all. People with the "bitterness" gene could eat as many as 200 fewer servings of veggies a year!

A TASTY MORSEL FOR PARENTS

SEPTEMBER BIRTHDAYS

- Zendaya Coleman (20) -- Sept. 1
- Beyonce (35) -- Sept. 4
- Star Trek (50) -- Sept. 8
- B.B. King -- Sept. 16
- Google (18) -- Sept. 27
- Elie Wiesel -- Sept. 30



Brain Ticklers

Even when you take the whole away from me, there is still some left. What am I?

(Hold the page upside down and read it in a mirror for the answer!)

The word "worlds" is

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 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
<p>Lunch Entrées (Choose 1)</p> <p>Chicken Nuggets w/Corn Muffin</p> <p>Cheesy Beef Nachos Served with Salsa & Sour Cream</p> <p>Lunch Sides (All Included)</p> <p>Seasoned Pinto Beans</p> <p>Romaine Garden Salad</p> <p>Chilled Mixed Fruit</p>	<p>Lunch Entrées (Choose 1)</p> <p>Pizza Dippers w/Pizza Dipping Sauce</p> <p>Pork BBQ Flatbread Sandwich</p> <p>Lunch Sides (All Included)</p> <p>Crisp Cucumber Sticks w/Ranch Dip</p> <p>Golden Sweet Corn</p> <p>Amazin' Raisins</p> <p>Fresh Orange Wedges</p>	<p>Lunch Entrées (Choose 1)</p> <p>Breakfast for Lunch</p> <p>Ham, Egg & Cheese English Muffin</p> <p>Lunch Sides (All Included)</p> <p>Seasoned Diced Potatoes</p> <p>"Sunset Sip" V-blend Juice</p> <p>Cinnamon Baked Apples</p>	<p>Lunch Entrées (Choose 1)</p> <p>Spaghetti & Meatball w/breadstick</p> <p>Breaded Chicken Patty on WG Bun</p> <p>Lunch Sides (All Included)</p> <p>Fresh Made Broccoli Salad</p> <p>Steamed Green Peas</p> <p>Diced Freestone Peaches</p>	<p>Lunch Entrées (Choose 1)</p> <p>Pizza Slice w/Selection of Toppings</p> <p>Fun Fish Nuggets w/Corn Muffin</p> <p>Lunch Sides (All Included)</p> <p>Crunchy Baby Carrots</p> <p>Crinkle Cut Oven Fries</p> <p>Fresh Apple Slices</p>

Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
<p>Lunch Entrées (Choose 1)</p> <p>All Beef Hot Dog on WG Bun</p> <p>100% Beef Patty on WG Bun Prepared with or without American Cheese</p> <p>Lunch Sides (All Included)</p> <p>Southern Style Baked Beans</p> <p>Crispy Tater Coins</p> <p>Lettuce & Sliced Tomato</p> <p>Mandarin Orange Sections</p>	<p>Lunch Entrées (Choose 1)</p> <p>Popcorn Chicken Bites</p> <p>Italian Meatball Sub</p> <p>Lunch Sides (All Included)</p> <p>Steamed Sweet Peas</p> <p>Garden Pasta Salad</p> <p>Diced Pears</p>	<p>Lunch Entrées (Choose 1)</p> <p>Baked Chicken w/Corn Muffin</p> <p>Shrimp Poppers w/Corn Muffin</p> <p>Lunch Sides (All Included)</p> <p>Green Beans</p> <p>Quick Baked Potato</p> <p>Pineapple Tidbits</p>	<p>Lunch Entrées (Choose 1)</p> <p>School Made Mac & Cheese</p> <p>Corn Dog Nuggets</p> <p>Lunch Sides (All Included)</p> <p>Steamed Broccoli</p> <p>Romaine Garden Salad</p> <p>Applesauce</p>	<p>Early Dismissal</p> <p>Lunch Entrées (Choose 1)</p> <p>Ham & Cheese on WG Flatbread</p> <p>Turkey & Cheese on WG Flatbread offered with Heartzel Pretzels</p> <p>Lunch Sides (All Included)</p> <p>Crunchy Baby Carrots</p> <p>V-blend Juice</p> <p>Fresh Apple Slices</p>