



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)

Popcorn Chicken Bites
Italian Meatball Sub

Lunch Sides
(All Included)

Steamed Sweet Peas
Garden Pasta Salad
Diced Pears

Wednesday, September 7

Lunch Entrées
(Choose 1)

Baked Chicken w/Corn Muffin
Shrimp Poppers w/Corn Muffin

Lunch Sides
(All Included)

Green Beans
Quick Baked Potato
Pineapple Tidbits

Thursday, September 8

Lunch Entrées
(Choose 1)

School Made Mac & Cheese
Corn Dog Nuggets

Lunch Sides
(All Included)

Steamed Broccoli
Romaine Garden Salad
Applesauce

Friday, September 9

Lunch Entrées
(Choose 1)

Pizza Crunchers
Philly Cheese Steak Flatbread

Lunch Sides
(All Included)

Crunchy Baby Carrots
Chuck Wagon Corn
Sweet Strawberries

Monday, September 12

Lunch Entrées
(Choose 1)

Chicken Nuggets w/Corn Muffin
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)

Seasoned Pinto Beans
Romaine Garden Salad
Chilled Mixed Fruit

Tuesday, September 13

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 14

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 15

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 16

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

Thursday, September 1

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 2

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

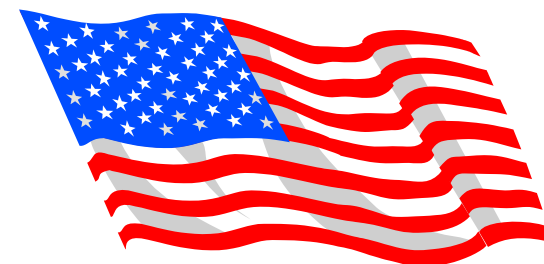
Monday: Pillsbury WG FRUDEL
Tuesday: Cereal & Elf Grahams
Wednesday: Pillsbury WG MINI PANCAKES
Thursday: Cereal & Elf Grahams
Friday: Yogurt & Giant Goldfish Grahams

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.*

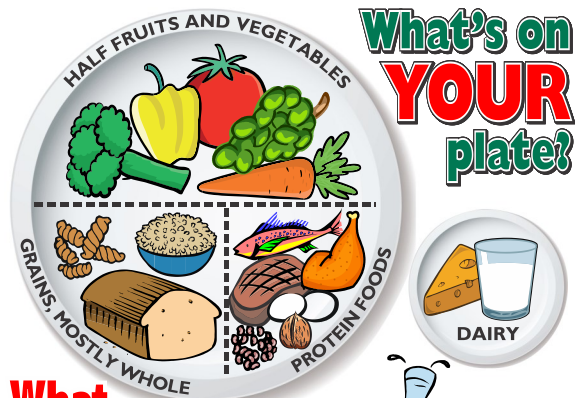
Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

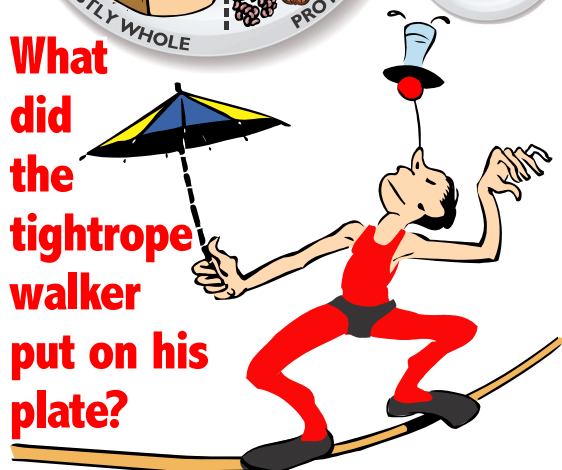
Freshly Prepared Chef Salad
served w/Croutons or Crackers

JIF Protein Pack Combo Meal (Wednesdays)

Choice of Milk



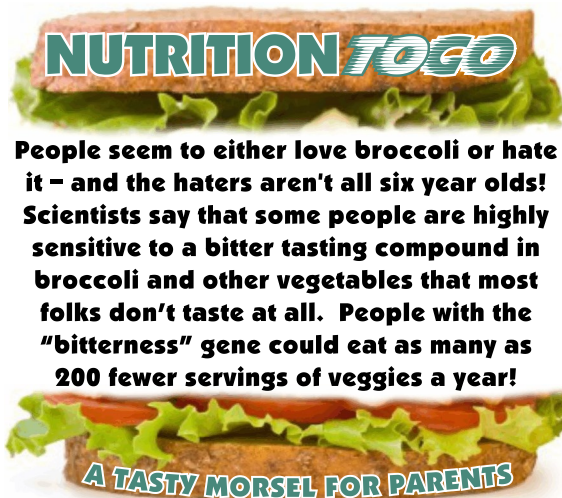
What did the tightrope walker put on his plate?



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

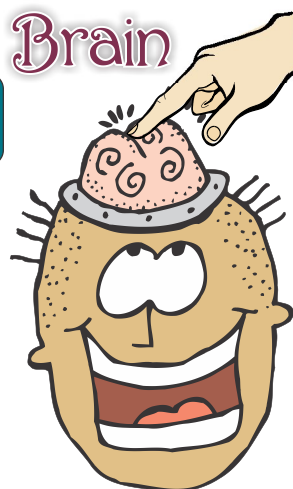


People seem to either love broccoli or hate it – and the haters aren't all six year olds! Scientists say that some people are highly sensitive to a bitter tasting compound in broccoli and other vegetables that most folks don't taste at all. People with the "bitterness" gene could eat as many as 200 fewer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

What's on YOUR plate?

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

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 "wholesome"

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

Lunch Entrées (Choose 1)

All Beef Hot Dog on WG Bun
100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides (All Included)

Southern Style Baked Beans
Crispy Tater Coins
Lettuce & Sliced Tomato
Mandarin Orange Sections

Tuesday, September 20

Lunch Entrées (Choose 1)

Popcorn Chicken Bites
Italian Meatball Sub

Lunch Sides (All Included)

Steamed Sweet Peas
Garden Pasta Salad
Diced Pears

Wednesday, September 21

Lunch Entrées (Choose 1)

Baked Chicken w/Corn Muffin
Shrimp Poppers w/Corn Muffin

Lunch Sides (All Included)

Green Beans
Quick Baked Potato
Pineapple Tidbits

Thursday, September 22

Lunch Entrées (Choose 1)

School Made Mac & Cheese
Corn Dog Nuggets

Lunch Sides (All Included)

Steamed Broccoli
Romaine Garden Salad
Applesauce

Friday, September 23

Lunch Entrées (Choose 1)

Pizza Crunchers
Philly Cheese Steak Flatbread

Lunch Sides (All Included)

Crunchy Baby Carrots
Chuck Wagon Corn
Sweet Strawberries

Monday, September 26

Lunch Entrées (Choose 1)

Chicken Nuggets w/Corn Muffin
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides (All Included)

Seasoned Pinto Beans
Romaine Garden Salad
Chilled Mixed Fruit

Tuesday, September 27

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 28

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 29

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 30

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