



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



Tuesday, September 6

Lunch Entrée
Popcorn Chicken Bites

Lunch Sides
(All Included)
Steamed Sweet Peas
Diced Pears
1% or Fat Free White Milk

Wednesday, September 7

Lunch Entrée
Pork Rib Patty on WG Bun

Lunch Sides
(All Included)
Green Beans
Pineapple Tidbits
1% or Fat Free White Milk

Thursday, September 8

Lunch Entrée
School Made
Macaroni & Cheese

Lunch Sides
(All Included)
Steamed Broccoli
Applesauce
1% or Fat Free White Milk

Friday, September 9

Lunch Entrée
Pizza Crunchers

Lunch Sides
(All Included)
Golden Sweet Corn
Diced Strawberries
1% or Fat Free White Milk

Monday, September 12

Lunch Entrée
Chicken Nuggets

Lunch Sides
(All Included)
Cucumber Slices
Mixed Fruit
1% or Fat Free White Milk

Tuesday, September 13

Lunch Entrée
Pizza Dippers

Lunch Sides
(All Included)
Golden Sweet Corn
Fresh Orange Wedges
1% or Fat Free White Milk

Wednesday, September 14

Lunch Entrée
Breakfast for Lunch

Lunch Sides
(All Included)
Seasoned Diced Potatoes
Applesauce
1% or Fat Free White Milk

Thursday, September 15

Lunch Entrée
Chicken Patty on WG Bun

Lunch Sides
(All Included)
Steamed Sweet Peas
Diced Peaches
1% or Fat Free White Milk

Friday, September 16

Lunch Entrée
Fun Fish Shapes

Lunch Sides
(All Included)
Crunchy Baby Carrots
Fresh Apple Slices
1% or Fat Free White Milk

Thursday, September 1

Lunch Entrée
Spaghetti & Meatballs

Lunch Sides
(All Included)
Steamed Sweet Peas
Diced Peaches
1% or Fat Free White Milk

Friday, September 2

Early Dismissal
Lunch Entrées
(Choose 1)
Ham & Cheese Sandwich
Turkey & Cheese Sandwich

Lunch Sides
(All Included)
V-blend Juice
Fresh Apple Slices
1% or Fat Free White Milk

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



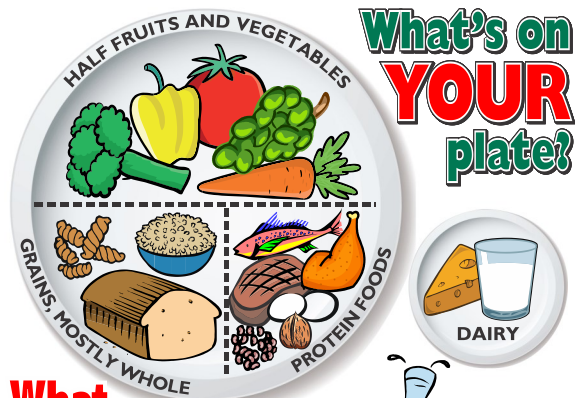
*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*

Available Daily for Lunch

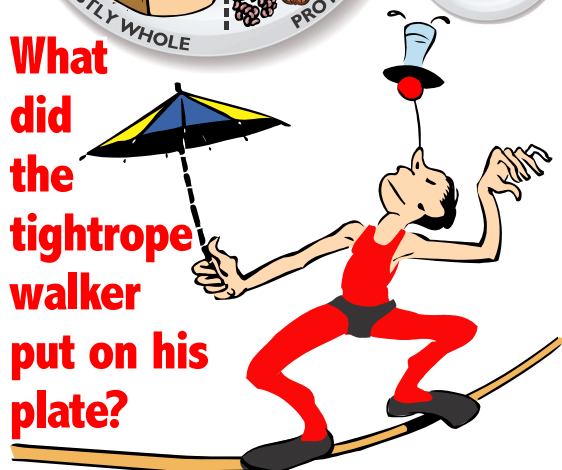
Ham & Cheese Sandwich
or
Turkey & Cheese Sandwich



Sandwiches made with
Pepperidge Farm Goldfish Bread



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!



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



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 Entrée

100% Beef Patty on WG Bun

Lunch Sides

(All Included)

Crispy Tater Rounds
Mandarin Orange Sections

1% or Fat Free White Milk

Tuesday, September 20

Lunch Entrée

Popcorn Chicken Bites

Lunch Sides

(All Included)

Steamed Sweet Peas
Diced Pears

1% or Fat Free White Milk

Wednesday, September 21

Lunch Entrée

Baked Chicken w/corn Muffin

Lunch Sides

(All Included)

Green Beans
Pineapple Tidbits

1% or Fat Free White Milk

Thursday, September 22

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Steamed Broccoli
Applesauce

1% or Fat Free White Milk

Friday, September 23

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Golden Sweet Corn
Diced Strawberries

1% or Fat Free White Milk

Monday, September 26

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Cucumber Slices
Mixed Fruit

1% or Fat Free White Milk

Tuesday, September 27

Lunch Entrée

Pork BBQ Flatbread Sandwich

Lunch Sides

(All Included)

Golden Sweet Corn
Fresh Orange Wedges

1% or Fat Free White Milk

Wednesday, September 28

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes
Applesauce

1% or Fat Free White Milk

Thursday, September 29

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Steamed Sweet Peas
Diced Peaches

1% or Fat Free White Milk

Friday, September 30

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Crunchy Baby Carrots
Fresh Apple Slices

1% or Fat Free White Milk