Welc Menus for Septe			Monday, September Tuesday, September Hotdog/Bun Choose one or two: Baked Beans Sweet Potato Bite Choose one: Fresh Apple	Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit applesauce and apple juice don't provide the same benefits.	
Cap USDA is an e	oron Elementary Sch qual opportunity provider an	ool demployer.	No School Choice of Cold WELLNESS IS A WAY OF LIFE		
Wed., September 3 Hamburger/Bun	Thursday, September BBQ./Bun	Friday, September 5 Cheese Pizza	One item's been on our menu	Monday, September Ham/Cheese/Bun	Tuesday, September Chicken Nuggets with Roll
Choose one or two: Broccoli French Fries Choose one: Pears	Choose one or two: Coleslaw Green Beans Choose one: Fresh Orange	Choose one or two: Corn Fresh Carrots Choose one: Applesauce Choice of Cold	Education. That's what we've been serving for nearly 70 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready ready to learn and ready to live healthy lives That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables and whole grains. And that's why we'll continue to do whatever	Choose one: Fresh Fruit	Choose one or two: French Fries Steamed Carrots Choose one: Mandarin Oranges
adults. The best source usually told to eat more fruits, and vegetables. eats whole grain bread eating fiber at an ear berries or a bunch of to counter makes reac	A state of the second s	Wed., September 10 Fish Sticks with Roll Choose one or two: Mixed Greens Glazed Sweet Potatoes Choose one: Fresh Fruit	it takes to make sure that we serve education every day. Breakfast Lunch \$ 1,900 ₪ Get an application from your school for free and reduced-price meal benefits in our school district. School Neeals We serve education every day™	Thursday, SeptemberSalisbury Steak/ RollChoose one or two:Mashed Potatoes Green PeasChoose one: Pineapple	Friday, September 12 Stuffed Crust Pepperoni Pizza Choose one or two: Tossed Salad with Carrots Choose one: Peaches

Are you one of the 10 million American kids who play soccer? Around the world, a quarter of a billion people play soccer, or "football" as it's known everywhere but here in the U.S.!		Monday, September Hotdog/Bun Choose one or two: Baked Beans Sweet Potato Bites Choose one: Fresh Apple	Tuesday, September Hamburger/Bun Choose one or two: French Fries Broccoli Choose one: Pears	Wed., September 17 Spaghetti/Meat Sauce Choose one or two: Tossed Salad With Tomatoes Choose one: Fresh Fruit	 BREAKFAST MENU: Monday - Pancake/Sausage Wrap Tuesday - Cinnamon Roll Wednesday - Cereal/Graham Crackers Thursday - Mini Pancakes Friday - Chicken Biscuit Students may take juice and fruit but must take at least one. Cold Milk 	
Thursday, September	Friday, September 19	Monday, September	Tuesday, September	Wed., September 24		
BBQ/Bun	Cheese Pizza	Ham/Cheese/Bun	Chicken Salad with Roll	Fish Sticks with Roll	Daily Lunch Entrée Choices: Yogurt/Cheese Stick Small Chef Salad	
Choose one or	Choose one or	Choose one or			Students may select one of the above or the	
two: Coleslaw	two: Corn	two: Chuckwagon	Choose one or two:	Choose one or two:	menued entrée.	
Green Beans	Fresh Carrots	Beans	Romaine Lettuce	Mixed Greens	Students must select at least one fruit or	
		Potato Rounds	With Carrots	Glazed Sweet	vegetable.	
Choose one: Choose one: Mixed Fruit Applesauce		Choose one:	Choose one:	Potatoes	**************************************	
	Applesauce	Fresh Fruit				
Thursday, September		T. 1.1	PARENTS: Don't	Friday, September 26	Monday, September	Tuesday, September
Salisbury Steak/	Brain	Ticklers	forget breakfast and	Stuffed Crust	Hotdog/Bun	Hamburger/Bun
Roll	CG D	A man who works at a butcher shop is $5'$	lunch money for your students!!	Pepperoni Pizza		
Choose one or		10" tall, wears size 13 sneakers, and a size	If you feel that your	Choose one or two:	Choose one or two:	Choose one or two:
two:	Zm	38 belt. What does	family may qualify for free/reduced	Tossed Salad	Baked Beans	French Fries
Mashed Potatoes		he weigh?	price meals for your students, please	With Carrots	Sweet Potato Bites	Broccoli
Green Peas	$\langle -$	(flold the page upside	send your application	Choose one:	Choose One:	Choose One:
Choose one:		down and read it in a mirror for the answer!)	as soon as possible!!	Peaches	Fresh Fruit	Apple Slices
Pineapple		Mcat!				