

# Welc

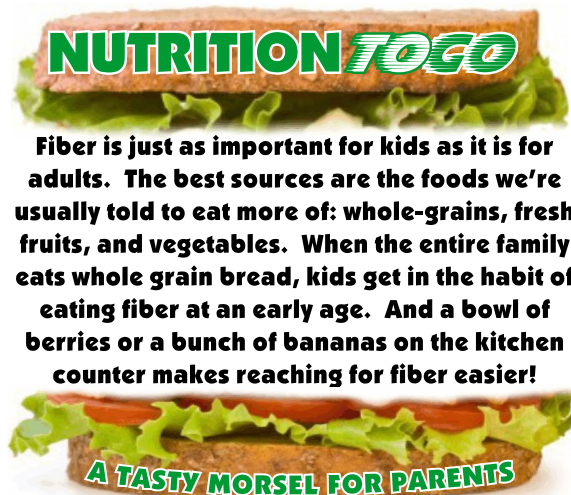
## Menus for Septe



### Capron Elementary School

USDA is an equal opportunity provider and employer.

Wed., September 3	Thursday, September 4	Friday, September 5
Hamburger/Bun	BBQ./Bun	Cheese Pizza
Choose one or two: Broccoli French Fries	Choose one or two: Coleslaw Green Beans	Choose one or two: Corn Fresh Carrots
Choose one: Pears	Choose one: Fresh Orange	Choose one: Applesauce
		Choice of Cold



**Monday, September**

**No School**

**Tuesday, September**

Hotdog/Bun

Choose one or two:  
Baked Beans  
Sweet Potato Bites

Choose one:  
Fresh Apple

Choice of Cold

## CHEW ON THIS.

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.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

## One item's been on our menu since 1946.

*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 it takes to make sure that we serve education every day.

### Breakfast

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### Lunch

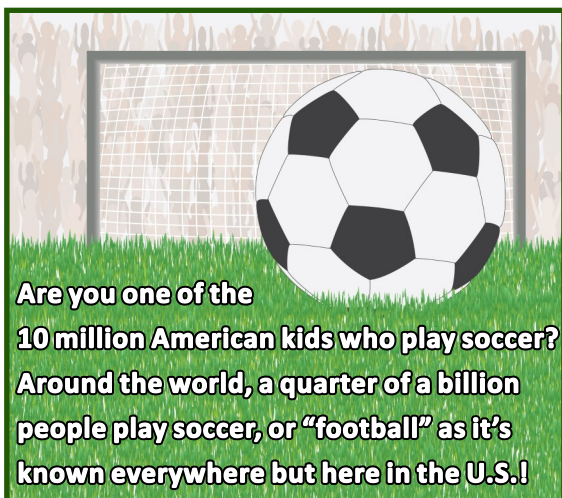
**\$1.90** Em

Get an application from your school for free and reduced-price meal benefits in our school district.

**School Meals**  
*We serve education every day™*

Monday, September	Tuesday, September
Ham/Cheese/Bun	Chicken Nuggets with Roll
Choose one or two: Chuckwagon Beans Potato Rounds	Choose one or two: French Fries Steamed Carrots
Choose one: Fresh Fruit	Choose one: Mandarin Oranges

Thursday, September	Friday, September 12
Salisbury Steak/Roll	Stuffed Crust Pepperoni Pizza
Choose one or two: Mashed Potatoes Green Peas	Choose one or two: Tossed Salad with Carrots
Choose one: Pineapple	Choose one: Peaches



**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**

BBQ/Bun

Choose one or two:  
Coleslaw  
Green Beans

Choose one:  
Mixed Fruit

**Friday, September 19**

Cheese Pizza

Choose one or two:  
Corn  
Fresh Carrots

Choose one:  
Applesauce

**Monday, September**

Ham/Cheese/Bun

Choose one or two:  
Chuckwagon Beans  
Potato Rounds

Choose one:  
Fresh Fruit

**Tuesday, September**

Chicken Salad with Roll

Choose one or two:  
Romaine Lettuce With Carrots

Choose one:  
Mandarin Oranges

**Wed., September 24**

Fish Sticks with Roll

Choose one or two:  
Mixed Greens  
Glazed Sweet Potatoes

Choose one:

**Daily Lunch Entrée Choices:**  
 Yogurt/Cheese Stick  
 Small Chef Salad

Students may select one of the above or the menued entrée.

Students must select at least one fruit or vegetable.

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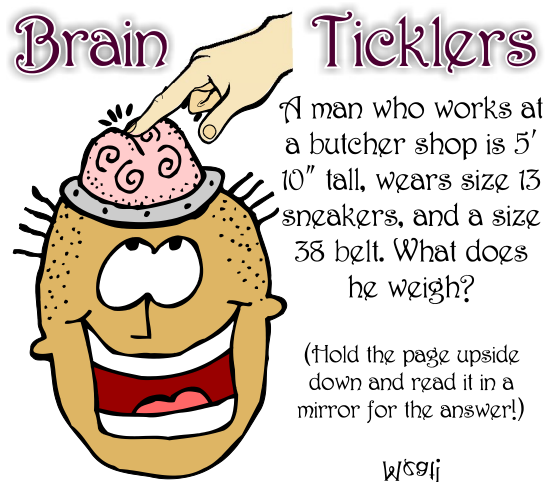
Menus are subject to change without notice due to product availability.

**Thursday, September**

Salisbury Steak/ Roll

Choose one or two:  
Mashed Potatoes  
Green Peas

Choose one:  
Pineapple



**PARENTS:** Don't forget breakfast and lunch money for your students!!

If you feel that your family may qualify for free/reduced price meals for your students, please send your application as soon as possible!!

**Friday, September 26**

Stuffed Crust Pepperoni Pizza

Choose one or two:  
Tossed Salad With Carrots

Choose one:  
Peaches

**Monday, September**

Hotdog/Bun

Choose one or two:  
Baked Beans  
Sweet Potato Bites

Choose One:  
Fresh Fruit

**Tuesday, September**

Hamburger/Bun

Choose one or two:  
French Fries  
Broccoli

Choose One:  
Apple Slices