Thursday Monday Tuesday Wednesday Friday

Chicken Alfredo with Hot Roll or Corn Dog with Chips Choice of Steamed **Vegetables** Fruit Cup

Nachos Lettuce & Tomato **Refried Beans** Homemade Salsa **Creamy Mandarin Oranges**

Tacos

Lettuce & Tomatoes

Pinto Beans

Spanish Rice Homemade Salsa **Baked Zita with Garlic** Toast or Pizza **Seasoned Vegetables** Side Salad **Fruit Cup**

8th

Spaghetti with Meat

Sauce and Garlic Toast

or Pizza

Seasoned Vegetable

Side Salad

Fruit Cup

Chicken Nuggets or Mashed Potatoes Seasoned Vegetables Banana Sundaes

Smothered Steak or

Boneless Wings with

Hot Roll

Mashed Potatoes

Steamed Vegetables

Color-Filled Sauce

Cheese Burger or Steak Fingers with Hot | Chicken Sandwich Basket with Fries **Lettuce & Pickles Sliced Tomatoes** Fresh Fruit

Sandwich or Cheese

Burger Basket w/Fries

Lettuce & Pickles

Sliced Tomatoes

Fresh Fruit

17th

Chicken Sandwich or

BBQ on Bun Basket

with Fries

Lettuce & Pickles

Sliced Tomatoes

Fresh Fruit

24th

Cheese Burger or

Chicken Sandwich

Basket with Fries

Lettuce & Pickles

Sliced Tomatoes

Fresh Fruit

October 1st

Chicken Sandwich

Basket with Fries

Lettuce & Pickles

Sliced Tomatoes

Fresh Fruit

Prepare for Success! Chicken Cordon Blue

> Do you want to do great in school this year? Below are some tips to help you do your best!

Exercise! Scientists have found that exercise can help Jumpstart your brain so you can get better

Eat breakfast! It helps you concentrate and improve performance in the classroom!

Get lots of sleep! You need to be rested so you can

13th

Mini Corn Dogs or

Hot Doa

Macaroni & Cheese

Steamed Vegetables

Cucumber Salad

Fruit Cup

20th

Chicken Spaghetti

with Hot Roll or

Corn Dog with Chips

Green Beans

Glazed Carrots

Fruit Cup

Pineapple Fluff 14th **Crispitos or Burritos** Side Salad **Pinto Beans Spanish Rice Homemade Salsa Berries & Cream**

21**S**t

Nachos

Lettuce & Tomato

Refried Beans

Homemade Salsa

Creamy Mandarin

Oranges

28th

Tacos

Lettuce & Tomatoes

Pinto Beans

Spanish Rice

Homemade Salsa

Pineapple Fluff

15th Chicken Parmesan with Garlic Stick or Pizza **Seasoned Vegetables** Side Salad **Fruit Cup**

22nd

Lasagna with Garlic

Toast or Pizza

Seasoned Vegeta-

bles

Side Salad

Fruit Cup

29th

Spaghetti with Meat

Sauce and Garlic

Toast or Pizza

Green Beans

Side Salad

Fruit Cup

16th **Meatballs and Gravy** on Noodles or Chicken **Tenders with Hot Roll Choice of Vegetables** Fruit Cup

23rd **Chicken Nuggets or** Steak Fingers with **Hot Roll Mashed Potatoes** Vegetables **Banana Sundaes**

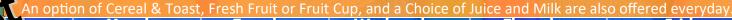
30th **Smothered Steak or Chicken Strips with Hot Roll Mashed Potatoes** Veaetables **Apple Crisp**

or Specialty Burger

27**th** Asian Bowl or Eaa **Rolls with Fried Rice** Steamed Oriental Vegetables Side Salad

Fruit Cup

grades



		Monday	Tuesday	Wednesday	Thursday	Friday
ŀ	Week One	French Toast Sticks	Eggs with Bacon	Pancake on a Stick	Pig in a Blanket	Ham & Cheese Croissant
J	Week Two	Donut Shop	Biscuits and Gravy	Breakfast Sandwich	Eggs with Sausage	Breakfast Pizza