

# SEPTEMBER MENU

## Mumford

### Prepare for Success!

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 grades
- Eat breakfast! It helps you concentrate and improve performance in the classroom!
- Get lots of sleep! You need to be rested so you can

Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
30th Chicken Alfredo with Hot Roll or Corn Dog with Chips Choice of Steamed Vegetables Fruit Cup	31st Nachos Lettuce & Tomato Refried Beans Homemade Salsa Creamy Mandarin Oranges	1st Baked Zita with Garlic Toast or Pizza Seasoned Vegetables Side Salad Fruit Cup	2nd Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Vegetables Banana Sundaes	3rd Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
 Happy Labor Day	7th Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple Fluff	8th Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Vegetable Side Salad Fruit Cup	9th Smothered Steak or Boneless Wings with Hot Roll Mashed Potatoes Steamed Vegetables Color-Filled Sauce	10th Chicken Cordon Blue Sandwich or Cheese Burger Basket w/Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
13th Mini Corn Dogs or Hot Dog Macaroni & Cheese Steamed Vegetables Cucumber Salad Fruit Cup	14th Crispitos or Burritos Side Salad Pinto Beans Spanish Rice Homemade Salsa Berries & Cream	15th Chicken Parmesan with Garlic Stick or Pizza Seasoned Vegetables Side Salad Fruit Cup	16th Meatballs and Gravy on Noodles or Chicken Tenders with Hot Roll Choice of Vegetables Fruit Cup	17th Chicken Sandwich or BBQ on Bun Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
20th Chicken Spaghetti with Hot Roll or Corn Dog with Chips Green Beans Glazed Carrots Fruit Cup	21st Nachos Lettuce & Tomato Refried Beans Homemade Salsa Creamy Mandarin Oranges	22nd Lasagna with Garlic Toast or Pizza Seasoned Vegetables Side Salad Fruit Cup	23rd Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Vegetables Banana Sundaes	24th Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
27th Asian Bowl or Egg Rolls with Fried Rice Steamed Oriental Vegetables Side Salad Fruit Cup	28th Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple Fluff	29th Spaghetti with Meat Sauce and Garlic Toast or Pizza Green Beans Side Salad Fruit Cup	30th Smothered Steak or Chicken Strips with Hot Roll Mashed Potatoes Vegetables Apple Crisp	October 1st Chicken Sandwich or Specialty Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

# Breakfast

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

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