



**4**

Grilled cheese & tomato soup  
Chicken nuggets  
Chef Salad with wheat roll  
 Served with choice of fruit and/or vegetable  
& fat free chocolate or low fat white milk

**5**

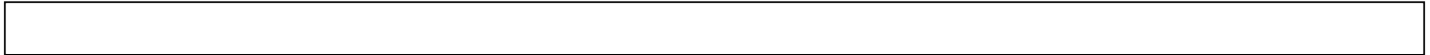
Chicken patty sandwich  
 Rotini Pasta with whole grain roll  
 Crispy chicken wrap  
 Served with choice of fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk

**6**

Sunbutter & Jelly Sandwich  
 Cheese pizza  
 Chicken nuggets  
 Served with choice of fruit and/or vegetable,  
 fat free chocolate or low fat white milk

**7**

Cheeseburger  
 Nachos  
 American Sub Sandwich  
 Served with choice of fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk



**10**

Cheese sticks with marinara sauce  
 Chicken nuggets  
 Italian sub sandwich  
 Served with choice of fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk

**11**

Breakfast for Lunch  
 Cheeseburger  
 Crispy Chicken Salad  
 Served with choice of fruit and/or vegetable  
 fat free chocolate milk or low fat white milk

**12**

Tacos  
Chicken Patty Sandwich  
Buffalo Chicken Salad or wrap  
 Served with choice of fruit and/or vegetable,  
fat free chocolate milk or low fat white milk

**13**

NO LUNCH  
 EARLY RELEASE 11:30 A.M.

**14**

Orange chicken with fried rice  
 Corn dog  
 Strawberry banana yogurt, string cheese & graham crackers  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk



**17**

Crispy Chicken Sandwich  
 Nachos  
 Chicken Caesar salad or wrap  
 Served with fruit and/or vegetables,  
 fat free chocolate milk or low fat white milk

**18**

Grilled cheese & tomato soup  
 Sunbutter & jelly sandwich  
 Cheese sticks with marinara sauce  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk

**19**

Beef Picadillo with Spanish rice  
Chicken nuggets  
Buffalo chicken salad or wrap  
 Served with fruit and/or vegetable,  
fat free chocolate milk or low fat white milk

**20**

Cheese or Pepperoni pizza  
 Bean & cheese burrito  
 Raspberry rainbow yogurt, string cheese & graham crackers  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk

**21**

Cheeseburger  
 Frito Chili Pie  
 Chef Salad with whole grain roll  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk



**24**

Hot Doggity Dog  
Cheese Enchiladas  
Turkey & Cheese Sub Sandwich  
 Served with fruit and/or vegetable,  
fat free chocolate milk or low fat white milk

**25**

Popcorn Chicken Bowl  
 Chicken Fajita or Cheese Quesadilla  
 Strawberry Banana yogurt, string cheese & graham crackers  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk

**26**

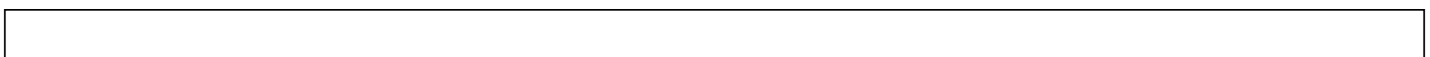
Sloppy Joe's  
 Cheese sticks with marinara sauce  
 Buffalo Chicken salad or wrap  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk

**27**

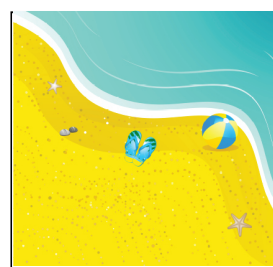
Cheeseburger  
 Cheese or Pepperoni pizza  
 Italian Sub Sandwich  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk

**28**

Breakfast for lunch  
 Chicken patty sandwich  
 Turkey and cheese sub sandwich  
 Served with fruit and/or vegetable,  
 fat free chocolate milk or low fat white milk



Lucky Lunch Days are underlined and italicized!  
 Each lunch, one lucky child will find a sticker underneath their lunch tray! Those children get to pick a toy/prize from the lucky prize basket..... GOOD LUCK!!



HAPPY LABOR DAY  
 TO ALL  
 ENJOY YOUR 3 DAY WEEKEND!

## USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



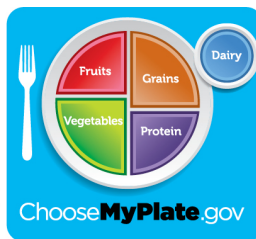
These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.

### What Makes A Meal “Balanced”?

It seems we are always reading or hearing that it's important to “eat a balanced meal.” Unfortunately people have different definitions for what “balanced” means. The USDA ChooseMyPlate website is a great place to learn about balanced meals and snacks. The website can be accessed at

<http://www.choosemyplate.gov/>. Many schools today are already using this FREE website to teach students about better nutrition. The website is filled with tips on eating a balanced plate, what foods fit into which food groups, proper portion sizes and fact sheets, as well as tools to help you and your family track your nutrition and fitness progress. The Supertracker tool is an excellent way to help your child understand whether or not he/she is meeting their fitness goals. The interactive technology is aligned with how students expect to learn and allows them to see their results in print with numbers, graphs and charts. Seeing their results in print can be more impactful than an adult simply telling them what needs to change in their diet and fitness plan. So jump start your health this school year by logging on today and create a user profile for you and the members of your family. It's FREE – you have nothing to lose but some unhealthy eating habits and everything to gain!



### Fresh Pick Recipe

#### CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

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### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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