



School Information:

Student Meals-\$3.00; Milk .60¢; Visitor/Adult Meals-\$3.60
 Lunch Times: K-2nd Grades 11:20-11:50
 3rd-5th Grades 11:55-12:25
 6th-8th Grades 12:30-1:00
 All meals subject to change without notice.



Nutrition Tip: Fiber is an important part of a child's diet. My Plate reminds us that a healthy plate has half of the grains coming from 100% whole grain foods and half of the plate filled with fruits and vegetables that are usually higher in fiber. Look for whole grain cereals and breads with at least 4 grams of fiber or try leaving the peel on an apple for more fiber.

Monday

Tuesday

Wednesday

Thursday

Friday



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WG Mini Waffles
 Scrambled Eggs
 Tator Tots
 Yogurt Smoothie
 Fresh Cantaloupe
 Milk

1



LABOR DAY
NO SCHOOL

4

**Chicken Nuggets
 Macaroni & Cheese
 Seasoned Green Beans
 Baby Carrots
 Apple Slices
 Milk

5

**French Toast Sticks
 Sausage Pattie
 Tator Tots
 Mandarin Oranges
 Gogurt
 Milk

6

**Chicken Sandwich
 Choice of Chips
 Sweet Niblet Corn
 Sliced Cucumbers w/Ranch
 Amazing Raisins
 Milk

7

**Mozzarella Sticks
 Marinara Dipping Sauce
 Tossed Romaine Salad
 w/Bar Fixin's
 Mixed Fruit Salad
 Poke Cake
 Milk

8

**Hot Dogs
 JoJo Potatoes
 Baked Beans
 Fruit Mix Up
 Trix Yogurt
 Milk

11

**Chicken Strips
 Mashed Potatoes & Gravy
 Sweet Niblet Corn
 Strawberries & Bananas
 WW Roll
 Milk

12

**Hamburgers
 Seasoned Green Beans
 Tri Tator
 Fresh Watermelon
 Whole Fruit Juice Cups
 Milk

13

**Sausage Pizza
 Tossed Romaine Salad
 w/ Bar Fixin's
 Peaches & Pears
 Chocolate Chip Cookie
 Milk

14

**Whole Grain Pretzel
 Cheese Sauce
 French Fries
 Baby Carrots
 Gogurt
 Pineapple Tidbits
 Milk

15

**WG Corn Dog
 Tator Tots
 Corn on the Cobb
 Fresh Grapes
 M&M Cookie
 Milk

18

Chicken & Noodles
 Mashed Potatoes
 Baby Carrots
 Apple Slices
 Cinnamon Puff
 Milk

19

**Chicken Teriyaki Strips
 Fried Rice
 Fresh Veggie Bar w/Ranch
 Pineapple/Mandarin Oranges
 Almond Cookie
 Milk

20

BBQ Meatballs
 Macaroni & Cheese
 Seasoned Green Beans
 Broccoli Florets w/Ranch
 Sherbert
 Milk

21

Bean & Cheese Nachos
 w/ Fresh Salsa
 Sweet Niblet Corn
 Applesauce
 Trix Yogurt
 Milk

22

Pizza Pasta Bake
 Garlic Bread Stick
 Romaine Salad
 w/Bar Fixin's
 Diced Pears
 Whole Fruit Juice Cup & Milk

25

**Popcorn Chicken
 Seasoned Green Beans
 Mango Bean Salad
 Diced Peaches
 Brownie
 BBQ/Ranch Dips & Milk

26

**Steak Fingers
 Mashed Potatoes & Gravy
 Sweet Niblet Corn
 Orange Smiles
 Cinnamon Puff
 Milk

27

Pancakes
 Sausage Pattie
 Yogurt Parfait
 Tri Tator
 Juice 4 U
 Milk

28

**Grilled Cheese
 Choice of Chips
 Veggie Bar/Ranch
 Fresh Fruit Cup
 Jello Square
 Milk

29