

3

**Oven roasted
Chicken w/ Dinner Roll**
Baja Salad w/ Dinner Roll

Mashed Potato
Fresh Broccoli
Fresh Fruit Assortment

4

**Pasta w/ Meat
Sauce & Dinner Roll**
Chicken Caesar Salad

Steamed Green Beans
Fresh Red Pepper Strips
Fresh Fruit Assortment

5

**Broccoli &
Cheese Potato**
Egg Chef Salad

Steamed Carrots
Fresh Zucchini
Fresh Fruit Assortment

6

Nachos w/ Mexican Rice
Chicken Chef Salad

Refried Beans
Fresh Celery Sticks
Fresh Fruit Assortment

7

Homestyle Pizza
Taco Salad

Steamed Spinach
Fresh Baby Carrots
Fresh Fruit Assortment

10

Meatloaf w/ Dinner Roll
Pizza Chef Salad

French Fries
Fresh Cauliflower
Fresh Fruit Assortment

11

**Popcorn Chicken
Bowl w/ Dinner Roll**
Popcorn Chicken Salad

Steamed Veggie Blend
Fresh Baby Cucumbers
Fresh Fruit Assortment

12

**Inside Out Pasta
Bake w/ Dinner Roll**
Ham Cobb Salad

Roasted Acorn Squash
Fresh Celery Sticks
Fresh Fruit Assortment

13

**Chicken Enchiladas
w/ Mexican Rice**
Chicken Ranch Salad

Campfire Beans
Fresh Baby Carrots
Fresh Fruit Assortment

14

No School

Labor Day

17

Max Pizza Sticks
Chicken Chef Salad

Steamed Corn
Fresh Broccoli
Fresh Fruit Assortment

18

BBQ Rib Sandwich
Taco Salad

Steamed Green Beans
Fresh Red Pepper Strips
Fresh Fruit Assortment

19

**Oriental Popcorn
Chicken Bowl**
Popcorn Chicken Salad

Tater Tots
Fresh Zucchini
Fresh Fruit Assortment

20

**Penne w/ Meat
Sauce & Dinner Roll**
Mozzarella Salad

Charro Black Beans
Fresh Celery Sticks
Fresh Fruit Assortment

21

Homestyle Pizza
Egg Chef Salad

Steamed Spinach
Fresh Baby Carrots
Fresh Fruit Assortment

24

**Cheese
Quesadilla**
Pizza Chef Salad

Fresh Roasted Veggies
Fresh Tomato Wedges
Fresh Fruit Assortment

25

**Chicken Nugget
Bowl**
Chicken Cobb Salad

Steamed Carrots
Fresh Jicama
Fresh Fruit Assortment

26

**Korean Beef Stew
w/ Cilantro Rice**
Chicken Chef Salad

Campfire Beans
Fresh Celery Sticks
Fresh Fruit Assortment

27

**Oven Roasted
Turkey w/ Stuffing**
Popcorn Chicken Salad

Steamed Zucchini
Fresh Baby Carrots
Fresh Fruit Assortment

28

Homestyle Pizza
Taco Salad

Steamed Broccoli
Fresh Cucumbers
Fresh Fruit Assortment

31

**Pancakes w/
Sausage**
Kickin Pinto Taco Salad

Tater Tots
Fresh Broccoli
Fresh Fruit Assortment

1

**Fish Stick w/
Mac Cheese**
Chicken Chef Salad

Steamed Green Beans
Fresh Red Pepper Strips
Fresh Fruit Assortment

2

Chicken Pot Pie
Popcorn Chicken Salad

Roasted Sweet Potato
Fresh Zucchini
Fresh Fruit Assortment

3

Vegetable Chili
Mozzarella Salad

Black-eyed Peas
Fresh Celery
Fresh Fruit Assortment

4

Homestyle Pizza
Egg Caesar Salad

Steamed Spinach
Fresh Baby Carrots
Fresh Fruit Assortment

Nutrition Rocks!

There are five food groups!
Choose something tasty from each!

Menu Question?

foodservice@4beloitschools.net

Fresh Taco Bar served daily!!!

Your choice of shells or chips

Pick your toppings

Add a side of refried beans and rice

And enjoy!!!