

### READING ROCKS!

Reading is like exercise for your brain.  
Read every day to keep your mind strong  
and learn exciting new things.

5

#### No School

Labor Day

6

#### Popcorn Chicken Bowl w/ Dinner Roll

#### Popcorn Chicken Salad

Steamed Veggie Blend  
Fresh Baby Cucumbers  
Fresh Fruit Assortment

7

#### Inside Out Pasta Bake w/ Dinner Roll

#### Ham Cobb Salad

Roasted Acorn Squash  
Fresh Celery Sticks  
Fresh Fruit Assortment

1

#### Nachos w/ Mexican Rice

#### Chicken Chef Salad

Refried Beans  
Fresh Celery Sticks  
Fresh Fruit Assortment

2

#### Homestyle Pizza

#### Taco Salad

Steamed Spinach  
Fresh Baby Carrots  
Fresh Fruit Assortment

12

#### Max Pizza Sticks

#### Chicken Chef Salad

Steamed Corn  
Fresh Broccoli  
Fresh Fruit Assortment

13

#### BBQ Rib Sandwich

#### Taco Salad

Steamed Green Beans  
Fresh Red Pepper Strips  
Fresh Fruit Assortment

14

#### Oriental Popcorn Chicken Bowl

#### Popcorn Chicken Salad

Tater Tots  
Fresh Zucchini  
Fresh Fruit Assortment

15

#### Penne w/ Meat Sauce & Dinner Roll

#### Mozzarella Salad

Charro Black Beans  
Fresh Celery Sticks  
Fresh Fruit Assortment

16

#### Homestyle Pizza

#### Egg Chef Salad

Steamed Spinach  
Fresh Baby Carrots  
Fresh Fruit Assortment

19

#### Cheese Quesadilla

#### Pizza Chef Salad

Fresh Roasted Veggies  
Fresh Tomato Wedges  
Fresh Fruit Assortment

20

#### Chicken Nugget Bowl

#### Chicken Cobb Salad

Steamed Carrots  
Fresh Jicama  
Fresh Fruit Assortment

21

#### Korean Beef Stew w/ Cilantro Rice

#### Chicken Chef Salad

Campfire Beans  
Fresh Celery Sticks  
Fresh Fruit Assortment

22

#### Oven Roasted Turkey w/ Stuffing

#### Popcorn Chicken Salad

Steamed Zucchini  
Fresh Baby Carrots  
Fresh Fruit Assortment

23

#### Homestyle Pizza

#### Taco Salad

Steamed Broccoli  
Fresh Cucumbers  
Fresh Fruit Assortment

26

#### Pancakes w/ Sausage

#### Kickin Pinto Taco Salad

Tater Tots  
Fresh Broccoli  
Fresh Fruit Assortment

27

#### Fish Stick w/ Mac Cheese

#### Chicken Chef Salad

Steamed Green Beans  
Fresh Red Pepper Strips  
Fresh Fruit Assortment

28

#### Chicken Pot Pie

#### Popcorn Chicken Salad

Roasted Sweet Potato  
Fresh Zucchini  
Fresh Fruit Assortment

29

#### Vegetable Chili

#### Mozzarella Salad

Black-eyed Peas  
Fresh Celery  
Fresh Fruit Assortment

30

#### 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?**

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### National Cheeseburger Day is September 18<sup>th</sup>

Join us on September 19<sup>th</sup>  
to Pledge Your Allegiance to Cheese!

### National Pancake Day is September 26<sup>th</sup>

You'll Flip for Pancakes  
on September 26<sup>th</sup>