



NUTRITION BREAK – September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Note- All Students are REQUIRED to take a minimum of ½ cup fruit.</p>				
4 - LABOR DAY	5 - Welcome Back!	6	7	8
	<p>Elem - Cinnamon Toast Crisps, Goldfish, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem- Banana Bread, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem- Pop-Tart, Cheez-its, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cinnamon Bun, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>
11	12	13	14	15
<p>Elem - Blueberry Mini Loaf, Cheez-its, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Powdered Donuts, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Breakfast Bar OR Pillsbury Frudel, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Simply Chex, Goldfish, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Granola bar, Cheez-its, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>
18	19	20	21	22
<p>Elem - Chocolate Chip Muffin, Cheez-its, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem- Banana Bread, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Chocolate Donuts, Fruit choice, juice, Milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cinnamon Toast Crisps, Goldfish, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Double Chocolate Betty Crocker Bar OR Breakfast Pizza, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>
25	26	27	28	29
<p>Elem - Blueberry Mini Loaf, Cheez-its, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cinnamon Bun, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Breakfast Bar OR Pizza Bagel, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cereal Bar, Goldfish, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cocoa Bread, Fruit choice, juice, milk MS/HS - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk</p>



ELEMENTARY LUNCH – September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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<ul style="list-style-type: none"> • Choose at least 3 of the 5 Groups • One must be a full serving of fruit or veggie! • Or for a complete meal choose all 5! GROUPS: Fruit, Veggies, Protein, Grain, Milk				
4 - Labor Day	5 - Welcome Back!	6	7	8
	<p style="text-align: center;"><u>Red Choice</u> Pizza Slice</p> <p style="text-align: center;"><u>Blue Choice</u> PB&J</p> <p style="text-align: center;">Fruit choice, Green Beans, Fresh Veggies, Salad, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Mini Corn Dogs</p> <p style="text-align: center;"><u>Blue Choice</u> Cheeseburger</p> <p style="text-align: center;">Fruit Choice, Black Beans, Carrots, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Hot Dog on a Bun</p> <p style="text-align: center;"><u>Blue Choice</u> Orange Chicken, Rice</p> <p style="text-align: center;">Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Bosco Sticks</p> <p style="text-align: center;"><u>Blue Choice</u> Turkey and Cheese Sandwich</p> <p style="text-align: center;">Fruit Choice, Broccoli, Rice Krispie Treat, Fresh Veggies, Milk</p>
11	12	13	14	15
<p style="text-align: center;"><u>Red Choice</u> Cheese or Chicken Quesadilla</p> <p style="text-align: center;"><u>Blue Choice</u> Chicken Wrap</p> <p style="text-align: center;">Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Penne Pasta and Meatballs</p> <p style="text-align: center;"><u>Blue Choice</u> BBQ Chicken Sandwich</p> <p style="text-align: center;">Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Chicken Nuggets</p> <p style="text-align: center;"><u>Blue Choice</u> Salisbury Steak, Dinner Roll</p> <p style="text-align: center;">Fruit Choice, Mashed Potatoes, Corn, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Ravioli, Breadstick</p> <p style="text-align: center;"><u>Blue Choice</u> Fish Sandwich</p> <p style="text-align: center;">Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Chicken Tenders</p> <p style="text-align: center;"><u>Blue Choice</u> Chef Salad, Grahams, Crackers</p> <p style="text-align: center;">Ice cream cup, Fruit Choice, Black Beans, Carrots, Fresh Veggies, Milk</p>
18	19	20	21	22
<p style="text-align: center;"><u>Red Choice</u> Cheese Dippers</p> <p style="text-align: center;"><u>Blue Choice</u> Cheese Flatbread</p> <p style="text-align: center;">Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Fruit/Yogurt/Granola</p> <p style="text-align: center;"><u>Blue Choice</u> Chicken Drumstick</p> <p style="text-align: center;">Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Spaghetti and Sauce</p> <p style="text-align: center;"><u>Blue Choice</u> Hot Ham and Cheese</p> <p style="text-align: center;">Fruit Choice, Coleslaw, Corn, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> French Toast Sticks, Sausage, Eggs</p> <p style="text-align: center;"><u>Blue Choice</u> Breakfast Pizza</p> <p style="text-align: center;">Spiced Apples, Orange Juice, Fresh Fruit, Seasoned Potatoes, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Pepperoni Calzone</p> <p style="text-align: center;"><u>Blue Choice</u> American Sub</p> <p style="text-align: center;">Fruit Choice, Refried Beans, Peas, Fresh Veggies, Milk</p>
25	26	27	28	29 - Homecoming!
<p style="text-align: center;"><u>Red Choice</u> Personal Pizza</p> <p style="text-align: center;"><u>Blue Choice</u> Tator Tot Hot dish</p> <p style="text-align: center;">Fruit Choice, Green beans, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Cheeseburger</p> <p style="text-align: center;"><u>Blue Choice</u> Chicken with Rice, Dinner Roll</p> <p style="text-align: center;">Fruit Choice, Carrots, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Chicken Patty on a Bun</p> <p style="text-align: center;"><u>Blue Choice</u> Baked Potato, Toppings, Breadstick</p> <p style="text-align: center;">Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Nacho Supreme, Rice</p> <p style="text-align: center;"><u>Blue Choice</u> Italian Sub</p> <p style="text-align: center;">Fruit Choice, Corn, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Grilled Hot Dog</p> <p style="text-align: center;"><u>Blue Choice</u> Grilled Brat</p> <p style="text-align: center;">Fruit Choice, Baked Beans, Coleslaw, Dessert Choice, Fresh Veggies, Milk</p>

MIDDLE/HIGH SCHOOL LUNCH – September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Choose at least 3 of the 5 Groups • One must be a full serving of fruit or veggie! • Or for a complete meal choose all 5! <p>GROUPS: Fruit, Veggies, Protein, Grain, Milk</p>				1
	<p>4 - Labor Day</p> <p>5 - Welcome Back!</p> <p>Choose one entree: Pizza Slice, PB&J</p> <p>Fruit & Veggie Bar- Fruit choice, Green Beans, Fresh Veggies, Milk</p>	<p>6</p> <p>Choose one entree: Mini Corn Dogs, Cheeseburger</p> <p>Fruit & Veggie Bar- Fruit Choice, Black Beans, Carrots, Fresh Veggies, Milk</p>	<p>7</p> <p>Choose one entree: Hot Dog on a Bun, Orange Chicken over Rice</p> <p>Fruit & Veggie Bar- Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p>8</p> <p>Choose one entree: Bosco Sticks, Turkey and Cheese Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Broccoli, Rice Krispie Treat, Fresh Veggies, Milk</p>
<p>11</p> <p>Choose one entree: Cheese or Chicken Quesadilla, Chicken Wrap with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p>12</p> <p>Choose one entree: Penne Pasta with Meatballs, BBQ Chicken Sandwich</p> <p>Fruit & Veggie Bar- Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p>13</p> <p>Choose one entree: Chicken Nuggets, Salisbury Steak with Dinner Roll</p> <p>Fruit & Veggie Bar- Fruit Choice, Mashed Potatoes, Corn, Fresh Veggies, Milk</p>	<p>14</p> <p>Choose one entree: Ravioli with Breadstick, Fish Sandwich with Fries</p> <p>Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p>15</p> <p>Choose one entree: Chicken Tenders, BBQ Rib Sandwich</p> <p>Fruit & Veggie Bar- Fruit Choice, Black Beans, Carrots, Ice Cream Cup, Fresh Veggies, Milk</p>
<p>18</p> <p>Choose one entree: Cheese Dippers, Cheese Flatbread</p> <p>Fruit & Veggie Bar- Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p>19</p> <p>Choose one entree: Chicken Drumstick with Mashed Potatoes, Pizza Slice</p> <p>Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p>20</p> <p>Choose one entree: Spaghetti and Sauce, Hot Ham and Cheese Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Coleslaw, Corn, Fresh Veggies, Milk</p>	<p>21</p> <p>Choose one entree: French Toast Sticks with Sausage and Eggs, Breakfast Pizza</p> <p>Fruit & Veggie Bar- Spiced Apples, Orange Juice, Fruit Choice, Seasoned Potatoes, Fresh Veggies, Milk</p>	<p>22</p> <p>Choose one entree: Pepperoni Calzone, American Sub with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Refried Beans, Peas, Fresh Veggies, Milk</p>
<p>25</p> <p>Choose one entree: Personal Pizza, Tator Tot Hot dish with Dinner Roll</p> <p>Fruit & Veggie Bar- Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p>26</p> <p>Choose one entree: Cheeseburger, Chicken with Rice and Dinner Roll</p> <p>Fruit & Veggie Bar- Fruit Choice, Carrots, Fresh Veggies, Milk</p>	<p>27</p> <p>Choose one entree: Chicken Patty on a Bun, Baked Potato with Top-pings and Breadstick</p> <p>Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p>28</p> <p>Choose one entree: Nacho Supreme with Rice, Italian Sub with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Corn, Fresh Veggies, Milk</p>	<p>29 - Homecoming!</p> <p>Choose one entree: Grilled Hot Dog or Grilled Brat</p> <p>Fruit & Veggie Bar- Fruit Choice, Baked Beans, Coleslaw, Dessert Choice, Fresh Veggies, Milk</p>