

BACK TO SCHOOL



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1
Chicken Patty on a Whole Grain Bun
½.c Corn
½.c Celery
½.c Pineapple

2
Cheesy Bread sticks with Marinara Sauce
½.c Broccoli
½.c Baby Carrots & Dip
½.c Mixed Fruit

5
No School in Observance of Labor Day

6
Whole Grain Pancakes with Turkey Sausage Patty
½.c Tatar Tots
½.c Baby Carrots
½.c Applesauce

7
Sweet & Sour Chicken over Brown Rice
½.c Broccoli
½.c Cucumber Coins
½.c Peaches

8
Meat and Cheese Nachos
Salsa and Sour Cream
½.c Black Beans
½.c Celery
½.c Pineapples

9
Cheese Pizza Slice
½.c Green Beans
1c. Garden Salad
½.c Mixed Fruit

12
Cheesy Baked Ziti
Garlic Bread (1G)
½.c Italian Mixed Veg
1c. Caesar Salad
½.c Diced Pears

13
Cheese/Hamburger or Vegetarian Burger on a Whole Grain Bun
½.c Baked Beans
½.c Cucumber Coins
½.c Applesauce

14
Breaded Chicken Nuggets
Dinner Roll (2G)
½.c Mashed Potatoes
½.c Baby Carrots
½.c Peaches

15
Meatball Hero With Mozzarella Cheese
½.c Broccoli Bites
1c. Garden Salad
½.c Pineapple

16
Cheesy Breadsticks
Marinara Sauce
½.c Green Beans
½.c Red Pepper Strips
½.c Mixed Fruit

19
Chicken & Cheese Quesadilla
½.c Corn
½.c Baby Carrots
½.c Diced Pears

20
Hot Dog on a Bun
½.c Tatar Tots
½.c Cauliflower Bites
½.c Applesauce

21
Mozzarella Sticks served with WG Pasta & Sauce
1.c Caesar Salad
½.c Cucumber Coins
½.c Peaches

22
Chili Cheese over French Fries
Animal Cracker
½.c Celery
½.c Pineapple

23
Cheese Pizza Slice
½.c Broccoli
½.c Red Pepper Strips
½.c Mixed Fruit

26
No School in observance of Rosh Hashana

27
No School PD Day

28
Rotisserie Chicken Served with a Biscuit
½.c Sweet Potatoes
½.c Cucumber Coins
½.c Peaches

29
Sloppy Joe on a Whole Grain Bun
½.c Corn
½.c Chickpea Salad
½.c Pineapple

30
Cheesy Breadsticks
Marinara Sauce
½.c Broccoli
½.c Red Pepper Strips
½.c Mixed Fruit

8oz. Chocolate Milk, 8oz. Fat Free/ 1 % Milk available Daily. Lactose/ Dairy Free Milk available as needed. Alternate Entrée' by Request: Nut Butter & Jelly Sandwich served with Yogurt, Vegetarian Hummus Wrap and Baby Carrots

If you have any questions, please contact Lisa Finkenbinder, 518-475-6644 x 4