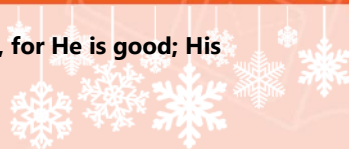




**Give thanks to the Lord, for He is good; His love endures forever.**  
Psalm 107:1



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Turkey and cheese sandwich/ lettuce  
Apple slices/chocolate pudding/ milk or water

Mini pizza bites  
Carrots w/ranch  
Strawberries/chocolate pudding/Milk or water

**Labor Day**  
**No school**

5

Quesadilla  
Spanish rice /Street corn /fresh fruit  
milk or water

6

Tater-tot casserole  
Pears  
Milk or water

7

**International Literacy Day**  
Fried chicken/mashed potatoes/green beans  
Baked apples/milk or water

8

Pizza pockets  
Salad  
Apple slices/Chocolate pudding/Milk or water

9

Corn Dogs  
Carrots w/Ranch  
Green beans  
Milk or water

12

Verde chicken enchiladas  
Spanish rice/Fresh fruit  
Milk or water

13

Spaghetti  
Salad  
Garlic bread  
Milk or water

14

Chicken nuggies  
French fries  
Corn/Apple sauce  
Milk or water

15

Pizza pinwheels  
Salad/grapes  
Chocolate pudding  
Milk or water

16

Beefy Noodle  
Peas/roll  
Mandarin oranges  
Milk or water

19

Cheesy roll ups  
Spanish rice/Green Beans/fresh fruit  
Milk or water

20

Salisbury steak  
Mashed potatoes  
Broccoli/peaches  
Milk or Water

21

**First Day of Fall**  
Cheese  
Burgers/Lettuce/tomato  
Pickles/fries/banana  
Milk or water

22

Pizza quesadilla  
Green beans  
Mandarin oranges  
Milk or water

23

Chicken Alfredo  
Broccoli  
Grapes  
Milk or water

26

Chicken soft tacos  
Lettuce/tomato/salsa  
Rice/peas/fresh fruit  
Milk or water

27

**World School Milk Day**  
Turkey and cheese  
Carrots w/ranch  
Apple slices  
Milk or water

28

**Family night 6:30pm**  
Chili dog/Mac n cheese  
Peaches  
Milk or water

29

Pizza sticks W/sauce  
Salad/pears  
Chocolate pudding  
Milk or water

30