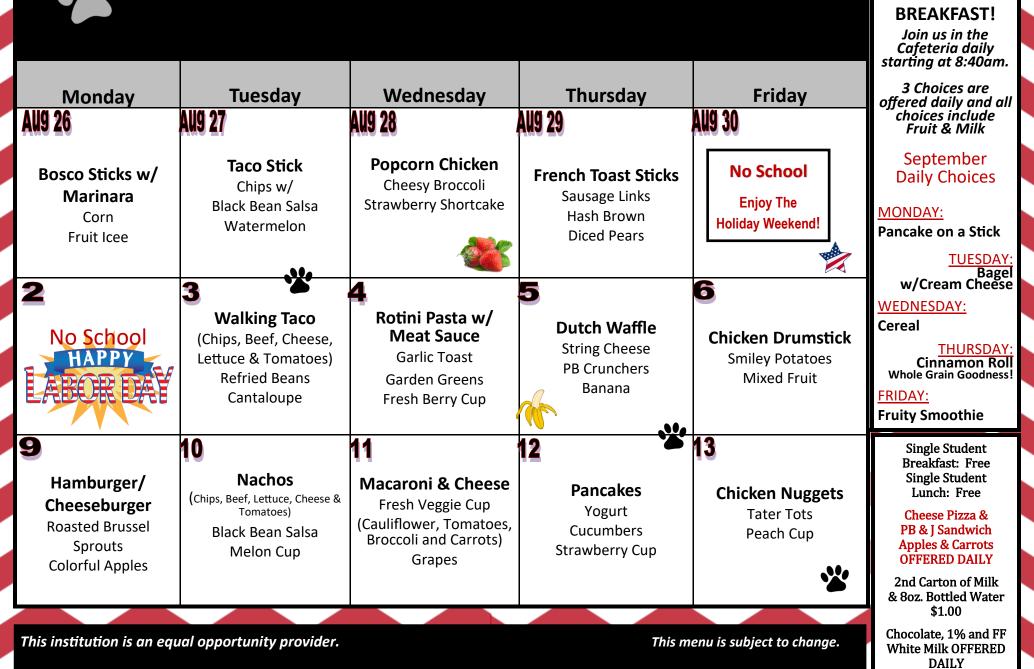
Sarah Dyer, School Nutrition Director (Telephone: 321-1033)

epicemben 2





Sarah Dyer, School Nutrition Director (Telephone: 321-1033)

Daily Meal Choices:

epiemben

BREAKFAST! Join us in the Cafeteria daily starting at 8:40am.

					5
Monday	Tuesday	Wednesday	Thursday	Friday	3 Choices are offered daily and
16 Muffin Funday Lunchable (Muffin, Yogurt, Carrots and Apple)	17 Taco Tuesday Two Tacos (Beef, Cheese, Lettuce, & Tomatoes) Refried Beans Blueberries	18 Mozzarella Sticks w/ Marinara Sauce Garden Greens Melon Cup	19 Chef Salad (Lettuce, Cheese, Diced Ham, Diced, Egg, Tomato & Cucumber) Dried Cranberries Warm Breadstick	20 Chicken Tenders French Fries Mixed Fruit Cup	all choices include Fruit & Milk September Daily Choices <u>MONDAY:</u> Pancake on a Stick TUESDAY
23 Soft Pretzel w/ Cheese Dip Green Beans Cinnamon Apples	24 Corn Dog Baked Beans Strawberry Cup	25 Sloppy Joe Sandwich Garden Greens Banana	26 Eggoji Waffles String Cheese Fresh Veggie Cup (Cauliflower, Tomatoes, Broccoli and Carrots) Watermelon	27 Chicken Sandwich Smiley Potatoes Peaches & Cream	WEDNESDAY: Cereal <u>THURSDAY</u> Cinnamon Ro Whole Grain Goodnes FRIDAY: Fruity Smoothie
School Lunch is Fresh, economical, and Value packed! Excellent source of vitamins A and C! Focused on low fats and rich in whole grains! Meets 1/3 of daily requirements of Fruits and Vegetables					Single Student Breakfast : Free Single Student Lunch: Free Cheese Pizza & PB & J Sandwich, Apples & Carrots OFFERED DAILY 2nd Carton of Milk & 8oz. Bottled Water \$1.00
View student accounts at www.familyportal.cloud					Chocolate, 1% and F White Milk OFFEREI

DAILY