

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School 2</p> <p>Labor Day</p>	<p>WG Cheese Pizza 3 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice</p>	<p>Teriyaki Chicken 4 WG veggie fried rice WG dinner roll Steamed mixed veggies Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>Beef Walking Taco 5 Assorted taco toppings Refried beans Fruit choice* Milk choice*</p>	<p>Turkey and Cheese on WG Sub Bun 6 Steamed green beans WG Sunchips Rainbow veggie bar Fruit choice* Milk choice*</p>
<p>Hamburger/Cheeseburger/Veggie Burger on WG Bun 9 Assorted fresh toppings Oven baked fries Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>Oven Baked Chicken Leg 10 Herb roasted potatoes Corn on the cob WG Dinner roll Tossed garden salad Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>WG Pasta with choice of Meat or Marinara Sauce 11 Steamed green beans Rainbow veggie bar WG garlic breadstick Fruit choice* Milk choice*</p>	<p>WG Pancakes with Syrup 12 Yogurt Cup Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>WG Chicken Tenders 13 WG Vegilicious Pasta Salad Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice*</p>
<p>Nachos Grande 16 Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk choice*</p>	<p>Chicken and Alfredo Sauce with WG Pasta 17 WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>WG Cheese Pizza 18 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>WG Chicken Sandwich 19 Lettuce and tomato slices Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>WG Shrimp Basket 20 Oven baked fries Steamed carrots Cucumber ranch salad Fruit choice* Milk choice*</p>
<p>Chicken Parmesan with WG Pasta 23 Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>Loaded Beef Burrito 24 Fresh fixings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk choice*</p>	<p>WG French Toast Sticks 25 Chicken Sausage Links Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*</p>	<p>All Beef Hotdog on WG Bun 26 Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*</p>	<p>WG Bosco Sticks and Marinara 27 Caesar salad Rainbow veggie bar Fruit choice* Milk choice*</p>
<p>Mini Sampler Basket 30 Oven baked sweet potato fries Rainbow veggie bar with hummus Fruit choice* Milk choice*</p>				

Cold Sandwich Choices:

Wheat PBJ Uncrustable (strawberry or grape) or Turkey and Cheese Sandwich on WG bread available daily. All include a fruit choice, a vegetable choice and a milk.

Salad Choice: Pre-made salads are available daily.

Salad meal includes a fruit choice, a whole grain bread choice and a milk.

Fruit Choice: At least one fresh fruit and one canned fruit choice will be served

Free Meals for All Students



- ◆ **Free Meals** All students enrolled in the school district can receive a free breakfast and a free lunch every day.
- ◆ Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- ◆ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.