







| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>NO SCHOOL Labor Day</p> | <p>2 Nachos Grande' Assorted fresh toppings Refried beans Cowboy caviar Cilantro brown rice Fruit choice* Milk</p> | <p>3 WG Turkey and Cheese Sub Assorted veggie toppings <i>Steamed green beans</i> Fruit choice* <i>Johnny Pop</i> Milk</p>  | <p>4 WG Mini Pancakes Greek Yogurt Fresh veggies Un-beetable hummus Breakfast potatoes <i>Fresh cantaloupe</i> Milk</p>  | <p>5 WG Pasta with Meatballs and/or Marinara Sauce Steamed broccoli Assorted fresh veggies WG garlic breadstick Fruit choice* Milk</p> |
| <p>Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk</p> | <p>9 WG Mini Corndogs Oven baked sweet potato fries Fresh broccoli, cauliflower and celery sticks with dip Fruit choice* Milk</p> | <p>10 Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Fruit choice* Milk</p> | <p>11 Oven Baked Chicken Leg Mashed potatoes Corn on the cob WG Sister Shuber roll Fruit choice* Milk</p>  | <p>12 WG Cheese Quesadilla Assorted fresh toppings Steamed carrots Fruit choice* Milk</p> |
| <p>Tater Totchos Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk</p> | <p>16 Ooey-Goey WG Garlic Cheesebread Marinara sauce Caesar salad Fruit choice* Milk</p> | <p>17 WG Chicken Sandwich Romaine lettuce and tomatoes <i>Baked butternut squash</i> Oven baked beans Fruit choice* Milk</p>  | <p>18 Orange Chicken WG veggie lo mein Snow peas, jicama sticks and <i>Watermelon radishes</i> WG dinner roll Fruit choice* Milk</p>  | <p>19 WG Macaroni and Cheese WG Shrimp Poppers Power packed veggie blend Cherry tomatoes and cucumbers Fruit choice* Milk</p> |
| <p>Chicken Fiesta Bowl Assorted taco toppings Cilantro brown rice Seasoned black beans and corn Fruit choice* Milk</p> | <p>23 WG Cheese or Veggie pizza Steamed broccoli Assorted fresh veggies Fruit choice* Milk</p> | <p>24 Chicken and Alfredo Sauce With WG Pasta and a Breadstick X-ray vision carrots Cucumber slices Fruit choice* Milk</p> | <p>25 Thousand Hills All Beef Hotdog on WG bun Creamy coleslaw <i>Corn on the cob</i> Vegetarian baked beans Fruit choice* Milk</p>  | <p>26 WG Cheese Bites Marinara sauce Steamed peas Garden salad with LF dressing Fruit choice* Milk</p> |
| <p>WG Chicken Tenders WG Asian Pasta Salad Oven baked sweet potato fries Assorted fresh veggies Fruit choice* Milk</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:

A full salad bar at BW or pre-made salad at GVP and Sibley are available daily. Salad meal includes a fruit choice, a whole grain bread choice and a milk.



Healthy Kids Do Better in School

Farmers' markets in Minnesota are at their peak in August, but they are still very busy with Fall harvest in September and October. These local markets provide a bounty of fresh fruits and vegetables at low prices. Eating a variety of colorful fruits and vegetables each day can provide your family with the nutrients they need to grow and develop healthy bodies and minds.

Some of the local producers we are working with include:

- ◆ Thousand Hills, Cannon Falls
- ◆ Fireside Apple Orchard, Northfield
- ◆ The Good Acre Food Hub: Sogn Valley Farms, Seed's Farm, St Croix Valley Produce, Open Hands Farm, Mhonpaj's Garden
- ◆ Jonny Pops

