

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NO SCHOOL</b> <b>Labor Day</b>	<b>2 Pork Carnita Nachos Grande'</b> Assorted fresh toppings Refried beans Cowboy Caviar Cilantro brown rice Fruit choice* Milk	<b>3 Bahn Mi Sandwich</b> Cilantro Lime Veggie Slaw <i>Steamed green beans</i> <i>Jonny Pop</i> Fruit choice* Milk	<b>4 Cheese Omelet</b> <b>WG Cinnamon Roll</b> Breakfast potatoes Fresh veggies <i>Un-beetable hummus</i> <i>Fireside Orchard Apple</i> Milk	<b>5 WG Pasta with choice of Meat sauce or Marinara sauce</b> Steamed zucchini zoodles Assorted fresh vegetables WG garlic breadstick Fruit choice* Milk
<b>Beef Walking Taco</b> Assorted taco toppings Refried beans Fruit choice* Milk	<b>9 Mini Sampler Platter</b> Oven baked sweet potato fries Fresh broccoli, cauliflower and celery sticks with LF dip WG dinner roll Fruit choice* Milk	<b>10 Hamburger/Cheeseburger/Veggie Burger on WG Bun</b> Assorted fresh vegetables Oven baked beans Fruit choice* Milk	<b>11 Bone-In Chicken Wings</b> Steamed corn Lightly seasoned mini bakers Fresh garden salad WG dinner roll Fruit choice* Milk	<b>12 WG Cheese Quesadilla</b> Assorted fresh toppings Steamed carrots Fruit choice* Milk
<b>Tater Totchos</b> Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice WG dinner roll Fruit choice* Milk	<b>16 Ooey-Gooey WG Garlic Cheesebread</b> Marinara Sauce Chef's choice steamed vegetable Caesar salad Fruit Choice* Milk	<b>17 WG Chicken Sandwich</b> Romaine lettuce and tomato <i>Harvest blend vegetables</i> Oven baked beans Fruit choice* Milk	<b>18 General Tso's Chicken</b> WG veggie lo mein Snow peas and jicama sticks <i>Watermelon radishes</i> WG Egg roll Fruit choice* Milk	<b>19 WG Macaroni and Cheese WG Shrimp Poppers</b> Power packed veggie blend Cherry tomatoes and cucumbers Fruit choice* Milk
<b>Chicken Fiesta Bowl</b> Assorted fresh toppings Cilantro brown rice Ranchero beans Fruit choice* Milk	<b>23 WG Primo Pizza</b> Steamed broccoli Veggies with LF dip Fruit choice* Milk	<b>24 Chicken and Alfredo Sauce With WG Pasta and a Breadstick</b> Rainbow carrots Assorted fresh veggies Fruit choice* Milk	<b>25 Thousand Hills Hotdog on WG bun</b> Creamy coleslaw <i>Corn on the cob</i> Vegetarian baked beans Sunchips Fruit choice* Milk	<b>26 WG Wild Mikes Cheese Bites</b> Marinara sauce Steamed peas Garden salad with LF dressing Fruit choice* Milk
<b>WG Chicken Tenders</b> <b>WG Asian Pasta Salad</b> Oven baked sweet potato fries Assorted fresh veggies WG dinner roll Fruit choice* Milk	<b>30</b>			

The following meal options are priced the same as a main line meal. Meal prices for paid meals: \$2.65; Free and Reduced Price meals: \$0.00.

**Pre-made Sandwich/Wrap Choices:** All include a fruit choice, a vegetable choice and a milk.

**Salad Choice:** Daily features listed on the School District Child Nutrition Website Salad meal includes a fruit choice, a whole grain bread choice and a milk.

**Alternate Hot Entrée located in lower cafeteria:** includes a fruit choice, vegetable choice and a milk.



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 and Ferndale Farms out of 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

