






Monday	Tuesday	Wednesday	Thursday	Friday
<p>NO SCHOOL Labor Day</p>	<p>2 Pork Carnita Nachos Grande' Assorted fresh toppings Refried beans Cowboy caviar Cilantro brown rice Fruit choice* Milk</p>	<p>3 Bahn Mi Sandwich Cilantro Lime Veggie Slaw <i>Steamed green beans</i> <i>Jonny Pop</i> Fruit choice* Milk</p> 	<p>4 Cheese Omelet WG French Toast Sticks Breakfast potatoes Fresh veggies <i>Un-beetable hummus</i> <i>Fresh watermelon</i> Milk</p> 	<p>5 WG Pasta with choice of Meat sauce or Marinara sauce Steamed zucchini zoodles Assorted fresh vegetables WG garlic breadstick Fruit choice* Milk</p>
<p>Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk</p>	<p>9 Mini Sampler Platter Oven baked sweet potato fries Fresh broccoli, cauliflower and celery sticks with LF dip WG dinner roll Fruit choice* Milk</p>	<p>10 Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh vegetables Oven baked beans Fruit choice* Milk</p>	<p>11 Bone-In Chicken Wings Steamed corn Lightly seasoned mini bakers Fresh garden salad 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-Gooey WG Garlic Cheesebread Marinara Sauce Caesar salad Assorted fresh vegetables Fruit Choice* Milk</p>	<p>17 WG Chicken Sandwich Romaine lettuce and tomato <i>Harvest blend vegetables</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 Egg 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 fresh toppings Cilantro brown rice Ranchero beans Fruit choice* Milk</p>	<p>23 WG Primo Pizza Steamed broccoli Veggies with LF dip Fruit choice* Milk</p>	<p>24 Chicken and Alfredo Sauce With WG Pasta and a Breadstick Rainbow carrots Assorted fresh veggies 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 Wild Mikes 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 WG dinner roll Fruit choice* Milk</p>	<p>30</p>			

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.
Sandwich/Wrap Choices: Daily features listed on the School District Child Nutrition Website
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.
Grill'd Greats Alternate Hot Entrée: includes a fruit choice, vegetable 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 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

