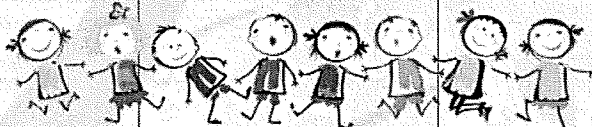


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p>WELCOME BACK to School</p> | <p>WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS</p> | <p>4 Cheeseburger Tuscan Turkey Flatbread Chicken Salad</p> <p>Broccoli Fruit</p> <p>Oatmeal Chocolate Chip</p> | <p>5 Ham Sandwich Pepperoni Pizza Ham & Cheese Wrap</p> <p>Crispy French Fries Fruit</p> <p>Trix Cereal</p> | <p>6 Hot Dog Chicken Alfredo Pasta Protein Box</p> <p>Green Beans Fruit</p> <p>Mini Pancakes Bites</p> |
| <p>9 Chicken Hamburger Turkey & Cheese Sandwich Caesar Salad</p> <p>Peas Fruit Fruitel</p> | <p>10 Chicken Nuggets Spaghetti Meat sauce Buffalo Chicken Wrap</p> <p>Green Beans Fruit</p> <p>Breakfast Pastry</p> | <p>11 Cheese Nachos Hamburger Turkey & Cheese Wrap</p> <p>Refried Beans Fruit</p> <p>Assorted Cereal</p> | <p>12 Corn Dog French Bread Pizza Chef Salad</p> <p>Carrot Coins Fruit</p> <p>Mini Cinnis</p> | <p>13 Chicken Fajitas Parmesan Chicken Yogurt Meal</p> <p>Broccoli Fruit</p> <p>Breakfast Pizza</p> |
| <p>16 Chicken & Broccoli Stir Fry Cheese Enchiladas Sunbutter & Jelly Sandwich</p> <p>Pinto Beans Fruit</p> <p>Cinnamon Rolls</p> | <p>17 Hamburger Crispy Chicken Wrap Fruit Protein Box</p> <p>Silly Dilly Green Beans Fruit</p> <p>Oatmeal Chocolate Chip</p> | <p>18 Beef Tacos Macaroni & Cheese Pueblo Salad</p> <p>Carrot Coins Fruit</p> <p>Assorted Cereal</p> | <p>19 Chicken Sandwich Cheese Pizza Taco Salad</p> <p>Cauliflower Fruit</p> <p>Yogurt</p> | <p>20 Chicken Tenders Cheese Quesadilla American Sub</p> <p>Confetti Corn Fruit</p> <p>Mini Waffles</p> |
| <p>23 Cheeseburger Chicken Nuggets Protein Box</p> <p>Crazy Wedges Fruit</p> <p>Popart</p> | <p>24 Grilled Chicken Burger Rofini Meat sauce Club Wrap</p> <p>Broccoli Tree Fruit</p> <p>Apple Cinnamon Muffin</p> | <p>25 Dorito Nachos Corn Dog Chef Salad</p> <p>Green Beans Fruit</p> <p>Assorted Cereal</p> | <p>26 Turkey, Ham & Cheese Sandwich Pepperoni Pizza Bistro Salad Black Beans Fruit</p> <p>Breakfast Bagel</p> | <p>37 Bean & Cheese Burrito Baked Penne Pasta Sunbutter & Jelly Sandwich Carrot Coins Fruit</p> <p>Mini Cinnis</p> |
| <p>30 Clubhouse Chicken Wrap Sweet & Sour Chicken Hot Dog</p> <p>Broccoli Fruit</p> <p>Cereal</p> | <p>31 Beef Tacos Chicken Patty Burger Caesar Salad</p> <p>Carrots Fruit</p> <p>Pancakes</p> | <p>We're Going Back To School</p>  | | |

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.

Nutritional information is available at the food service office.

Menu subject to change without notice.
*Indicates pork product



"This institution is an equal opportunity provider."

WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS
Students Must Select 3 out of the 5 Meal Components.
One Of The 3 Components Selected, MUST Be Fruit or Vegetable.

OUR MILK IS A LOCAL PRODUCT

ALL FRESH FRUIT & VEGGIES ARE CLEAN PRODUCTS

Any Questions Please Call Central Kitchen: (520) 377-9175