



#### School Information:

Labor Day Sept. 4, students not in attendance.



#### Nutrition Tip: Planning something Italian?

Add extra vegetables to your pizza and pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Alternative menu items may be: turkey sandwich, chef salad, or sunbutter sandwich.



Menu subject to change without notice.

1  
QUESADILLA, MEXICAN RICE, CHARRO BEANS, CINNAMON APPLESAUCE, MILK

4  
LABOR DAY  
Students not in attendance.  
Enjoy your day! ☺

5  
RIBLET SANDWICH, POTATO CAKES, MIXED VEGGIES, FRESH FRUIT, MILK

6  
BLACKHAWK BOWL, MASHED POTAOES, CORN, GRAVY, CHEESE, MIXED FRUIT, BREAD & BUTTER, MILK

7  
MINI CORNDOGS, PRETZEL W/ CHEESE, VEGGIE STICKS, FRESH FRUIT, MILK

8  
LASAGNA ROLL-UP, ROMAINE SALAD, CHERRY TOMATOES, BOSCO STICK, PEARS, MILK

11  
CHICKEN TETRAZZINI, ROMAINE SALAD, CUCUMBER SLICES, BREADSTICK, PEACHES, MILK

12  
DUNKIN STICK, MARINARA CUP, BROCCOLI SALAD, RED PEPPER STRIPS, FRESH FRUIT, MILK

13  
SMOKED SAUSAGE, SCALLOPED POTATOES, PEA'S, PINEAPPLE, ROLL & BUTTER, MILK

14  
PIZZA BURGER, BAKED CHIPS, SEASONED GREAT NORTHERN BEANS, FRESH FRUIT, MILK

15  
POPCORN CHICKEN, MAC & CHEESE, HARVARD BEETS, ROSY APPLESAUCE, MILK

18  
FISH SANDWICH, ONION RINGS, BAKED BEANS, MIXED FRUIT, MILK

19  
BEEF STEW, COLE SLAW, CORNBREAD, FRESH FRUIT, MILK

20  
TURKEY MANHATTAN, MASHED POTATOES, GREEN BEANS, PEARS, BREAD, COOKIES, MILK

21  
MACHO NACHO, SPANISH RICE, CHUCKWAGON CORN, FRESH FRUIT, MILK

22  
SCRAMBLED EGGS, SAUSAGE LINK, HASH BROWN, TOMATO JUICE, ZUCCHINI BREAD, MANDARIN ORANGES, MILK

25  
CHICKEN SANDWICH, SWEET POTATO FRIES, MIXED VEGGIES, PEACHES, COOKIE, MILK

26  
PIGS IN A BLANKET, BAKED CHIPS, PASTA SALAD, FRESH FRUIT, MILK

27  
MEATLOAF, MASHED POTATOES, SPINACH, ROLL & BUTTER, APPLESAUCE, MILK

28  
CHICKEN FAJITA, REFRIED BEANS, NACHO CHIPS W/ SALSA, FRESH FRUIT, MILK

29  
PIZZA, ROMAINE SALAD, CHERRY TOMATOES, PINEAPPLE, MILK