

**Monday, September 15**

**Lunch**

**-Pepperoni Pizza\***  
**-Turkey & Cheese Croissant**  
**-Popcorn Chicken Salad**  
**& Bosco Stick**  
**-Deli Sandwich**  
Green Beans  
Chilled Pears  
Cold Milk

**Tuesday, September 16**

**Lunch**

**-Chicken & Waffles**  
**-Toasted Cheese Sandwich**  
**-Italian Salad & Bosco Stick\***  
**-Deli Sandwich**  
Seasoned Carrots  
Chilled Mixed Fruit  
Cold Milk

**Wed., September 17**

**Lunch**

**Toasted Ravioli**  
**& Bosco Stick**  
**-Hot Ham & Cheese Sandwich**  
**-Chef Salad & Bosco Stick**  
**-Deli Sandwich**  
Sweet Corn  
Chilled Peaches  
Cold Milk

**Thursday, September 18**

**Lunch**

**-Orange Chicken & Fried Rice**  
**-Turkey & Cheese Wrap**  
**-Italian Salad & Bosco Stick\***  
**-Deli Sandwich**  
Steamed Broccoli  
Pineapple Tidbits  
Fortune Cookie  
Cold Milk

**Friday, September 19**

**Lunch**

**-Cheesy Chicken Nachos**  
**-Hamburger on Bun**  
**-Chef Salad & Bosco Stick**  
**-Deli Sandwich**  
Ranchero Beans  
Orange Smiles  
Cold Milk

**Monday, September 22**

**Lunch**

**-Hot & Spicy Chicken**  
**Sandwich**  
**-Corn Dog**  
**-Popcorn Chicken Salad**  
**& Bosco Stick**  
**-Deli Sandwich**  
Green Beans  
Chilled Mixed Fruit  
Cold Milk

**Tuesday, September 23**

**Lunch**

**-French Toast Sticks**  
**& Sausage\***  
**-Sub Sandwich**  
**-Italian Salad & Bosco Stick\***  
**-Deli Sandwich**  
Baby Carrots  
Chilled Pears  
Gogurt Yogurt  
Cold Milk

**Wed., September 24**

**Lunch**

**-Hot Dog on Bun**  
**-Cheesy Breaded Chicken**  
**Sandwich**  
**-Chef Salad & Bosco Stick**  
**-Deli Sandwich**  
Baked Beans  
Chilled Applesauce  
Cold Milk

**Thursday, September 25**

**Lunch**

**-Chicken Nuggets & Roll**  
**-Meatball Sandwich**  
**-Italian Salad & Bosco Stick\***  
**-Deli Sandwich**  
Cheesy Broccoli  
Chilled Peaches  
Cold Milk

**Friday, September 26**

**Lunch**

**-Straw Hat**  
**-Fish Shapes &**  
**Cornbread Muffin**  
**-Chef Salad & Bosco Stick**  
**-Deli Sandwich**  
Sweet Corn  
Fresh Apple  
Cold Milk

**Monday, September 29**

**Lunch**

**-Cheese Pizza**  
**-Ham & Cheese Croissant**  
**-Popcorn Chicken Salad**  
**& Bosco Stick**  
**-Deli Sandwich**  
Seasoned Green Beans  
Chilled Pears  
Cold Milk

**Tuesday, September 30**

**Lunch**

**-Mini Corn Dogs**  
**-BBQ Burger on Bun**  
**-Italian Salad**  
**& Bosco Stick**  
**-Deli Sandwich**  
Emoji Potatoes  
Chilled Applesauce  
Cold Milk



## Red blocks Red.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## NUTRITION TO GO

**When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them.**

**They're also less likely to over-indulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!**

**A QUICK BITE FOR PARENTS**

