

This institution is an equal opportunity provider. Menus

#### Monday, August 22

**Chicken Nuggets** with Rice

Steamed Broccoli **Applesauce** Orange Juice Milk

#### Tuesday, August 23

BB-O Pork Ribwich

Mixed Fruit Cross Cut Sweet Potato Fries Pineapple Celery sticks Milk

#### Wed., August 24

**Chicken Taquitos** 

Refried Beans Fresh Apple Fresh Baby Carrots with Ranch Milk

#### Thursday, August 25

Chicken Fried Beef Sticks with Roll

Mashed Potato Gravy Winter Mix **Diced Peaches** Milk

# Friday, August 26

Pizza

Corn Fresh Apple **Diced Pears** Snicker Doodle Cookie Milk

# Word of the Month

gen·er·os·i·ty

*n.* **1.** willingness to give to others of one's time, effort, or other support 2. unselfishness 3. good will expressed in giving and charity

#### Monday, August 29

Corn Dog

**Baked Beans** Cross Cut Sweet Potato Fries **Applesauce Apple Juice** Milk

# Tuesday, August 30

Cheese Burger

Crinkle Cut Fries Green Beans Banana Milk

# Wed., August 31

Teriyaki Chicken Strips with Rice

Fresh Broccoli w/ Ranch Mandarin Orange **Apple Juice** Milk

### Thursday, September

Beef -n- Bean Taco

Spinach Salad Dice Pears Orange Juice Milk

## Friday, September 2

**Breaded Chicken** Sandwich

Corn Diced Peaches Strawberry Cup Milk

# I am the letter



#### Monday, September



#### Tuesday, September

Shredded BB-O Pork Sandwich

KK Fries **Baked Beans** Diced Pears Milk

#### Wed., September 7

French Toast with Sausage

Tater Tots Strawberry Cup **Apple Juice** Milk

### Thursday, September

Sloppy Joe

Spinach Salad w/ Garlic Toast Fresh Oranges Apple Juice Milk

### Friday, September 9

Baja Fish Sticks

Fresh Broccoli & Fresh Baby Carrots Goldfish Pretzels Triple Berry Blend Milk

# Still the best deal in town

K-6 \$2.85

Lunch

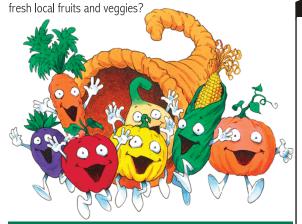
7-12 \$3.35

Get in touch with us today to learn more about free and reduced-price meals in our district:

Local school or 907-714-8832



In most parts of the country, it's never easier to fill up your plate with local produce than the warm, golden days of late summer. How much of your plate can you fill with delicious and



Mon. September 12 Tues. September 13

Pretzel with Cheese

Green Beans Fresh Apple Orange Juice Bunny Grahams Milk Fiesta Bowl

With Tortilla

Diced Peaches Refried Beans Apple Juice Milk Egg Roll with Fried Rice

Wed. September 14

Fresh Broccoli w/ Hummus Dip Applesauce Milk Vegetarian Chili With Garlic Toast

Romaine Salad Banana Apple Juice Milk Corn Dog

Thurs. September 15 Friday, September 16

Mixed Fruit
Fresh Baby Carrots
Corn
Waffle Graham
Milk

Mon. September 19

Chicken Nuggets w/ Rice

Steamed Broccoli Applesauce Orange Juice Milk Tues. September 20

BB-Q Pork Ribwich

Cross Cut Sweet Potato Fries Mixed Fruit Pineapple Green Bean Milk Wed. September 21

Chicken Taquitos

Refried Beans Fresh Baby Carrots with Ranch Fresh Apple Milk Thurs. September 22

Chicken Fried
Beef Sticks
W/ Roll
Mashed Potato
W/Gravy
Winter Mix
Diced Peaches
Milk

Pizza

Friday, September 23

Corn Fresh Apple Diced Pears Snicker Doodle Cookie Milk

Mon. September 26

Corn Dog

Baked Beans Cross Cut Sweet Potato Fries Applesauce Apple Juice Milk Tues. September 27

Cheese Burger

Crinkle Cut Fries Green Beans Banana Milk Wed., September 28

Teriyaki Chicken Strips with Rice

Fresh Broccoli w/ Ranch Mandarin Orange Apple Juice Milk Thurs. September 29

Beef -n- Bean

Taco

Romaine Salad Dice Pears Orange Juice Milk Friday, September 30

Breaded Chicken Sandwich

Corn Diced Peaches Strawberry Cup Milk

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