

### Monday, August 20

Niko / Nanwalek

**Chicken Taquitos** 

Refried Beans Gold Rush Strawberry Cup

Milk

### Tuesday, August 21

Pizza Stick

Golden Corn Chilled Peaches Apple Juice

Milk

### Wed., August 22

Breaded Chicken Sandwich

Baked Beans Jo Jo's Chilled Pears

Milk

### Thursday, August 23

French Toast w/ Sausage

Tater Tots Banana Rice Crispy Treat

Milk

Thursday, August 30

Taco Boat

Refried Beans

Cuties

**Chilled Pears** 

### Friday, August 24

Chalupa

Romaine Salad Chilled Mixed Fruit Apple Cookie

Milk

# Word of the Month

# gen·er·os·i·ty

n. 1. willingness to give to othersof one's time, effort, or othersupport 2. unselfishness 3. goodwill expressed in giving and charity

### Monday, August 27

Macaroni & Cheese w/Roll

Steamed Broccoli Strawberry Cup Craisins

Milk

### Tuesday, August 28

Sloppy Joe

Golden Corn
Cucumber/Tomato
w/Italian Dressing
Chilled
Applesauce

Milk

### Wed., August 29

Salisbury Steak w/Roll

Mashed Potatoes w/Gravy Carrots w/Dip Chilled Mixed Fruit (7-12) Goldfish

Milk

### Friday, August 31

Chicken Strips

Rice Green Beans Chilled Peaches

Milk



### Monday, Sept. 3



### Tuesday, Sept. 4

Teriyaki Chicken

Rice Romaine Salad Pineapple

Milk

### Wed., September 5

Pretzel

Milk

Pizza Stick

Golden Corn Chilled Peaches Jello (7-12) Fruitable Juice Box Milk

### Thursday, Sept. 6

Chicken Pot Pie With Roll

Winter Mix Carrots w/Ranch Chilled Mixed Fruit Apple Milk

### Friday, September 7

Parmesan Chicken Sandwich

> Baked Beans Chilled Pears Gold Rush

> > Milk

# Still the best deal in town

K-6 \$3.00

Lunch

7-12 \$3.50

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

Local school or 907-714-8832

### Mon. September 10

Ravioli w/Garlic Bread

Green Beans Applesauce Craisins

Milk

### Tues. September 11

Cheeseburger

Tater Tots Carrots w/Dip Pears Juice Bar

Milk

## Wed. September 12

Popcorn Chicken

Rice Green Beans Chilled Mandarin Oranges

Milk

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**Nachos** 

Thurs. September 13

Refried Beans Banana Apple Juice

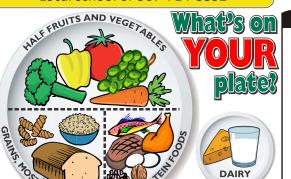
Milk

### Friday, September 14

Beef Hot Dog

Jo Jo's Spinach Salad Chilled Peaches Cookie

Milk



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



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

#### Mon. September 17

Salisbury Cheese Burger

Green Beans Chilled Peaches Apple

Milk

### Tues. September 18

Teriyaki Meatballs

Rice
Fresh Broccoli
w/Dip
Pineapple
Rice Crispy Treat

Milk

### Wed. September 19

Pizza

Golden Corn Gold Rush Juice Chilled Mixed Fruit Jello

Milk

### Thurs. September 20

Cottage Pie w/Roll

Grapes Orange Juice Cookie

Milk

### Friday, September 21

BBQ Pork Ribwich

Baked Beans Applesauce Fresh Cuties

Milk

#### Mon. September 24

Corn Pups

Jo Jo's Green Beans Chilled Peaches

Milk

#### Tues. September 25

Pizza Burger

Cucumber/Tomato w/Italian Dressing Chilled Pears Apple

Milk

### Wed., September 26

Chicken Fried Beef Sticks w/Roll

Mashed Potatoes w/Gravy Carrots w/ Dip Craisins (7-12) Orange Juice

Milk

### er 26 Thurs. September 27

Chicken Pasta Bake

Steamed Broccoli Applesauce Strawberry Cup

Milk

### Friday, September 28

Chalupa

Refried Beans Chilled Mixed Fruit Fresh Banana Cookie

Milk