

Monday, August 19

School

Opens

Tomorrow

Tuesday, August 20

Pizza

Green Beans
Chilled Mandarin
Orange Slices
Frozen Cherry
Splash
Milk

Wed., August 21

Teriyaki Chicken w/ Roll

Rice Steamed Broccoli Chilled Mixed Fruit

Milk

Thursday, August 22

Cheeseburger

KK Fries
Fresh Carrot &
Celery Sticks
w/Ranch
Applesauce Cup
Milk

Friday, August 23

Corn Pups

Baked Beans Tater Tots Fresh Grapes 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 26

Taco Snack w/Salsa

Refried Beans Santa Fe Vegetables Chilled Diced Peaches Milk

Tuesday, August 27

Cheese Stix & Dipping Sauce

Winter Mix Mandarin Orange Slices Apple Juice Milk

Wed., August 28

French Toast with
Sausage
Tater Tots
Warmed
Cinnamon Apple
Slices
Orange Juice
Milk

Thursday, August 29

Sloppy Joe Chic
St
Carrot Sticks w/
Ranch Mas
Seasoned Green
Beans

Friday, August 30

Chicken Fried Beef Sticks w/ Roll

Mashed Potato & Gravy Spinach Fruit Salad Applesauce Cup Milk

I am the letter



Tuesday, Sept. 3

Pizza

Seasoned Green Beans Chilled Mixed Fruit Fresh Orange Wedges Milk

Wed., September 4

Popcorn Chicken

Rice
Fresh Carrot Stix &
Pea Pods w/
Ranch
Chilled Diced
Pears
Milk

Thursday, Sept. 5

Fresh Banana

Milk

Cottage Pie With Garlic Toast

Romaine Salad w/ Italian Dressing Chilled Diced Pears Apple Juice Milk

Friday, September 6

Chicken Sandwich

Baked Beans Goldrush Juice Box Fresh Grapes Milk

Still the best deal in town

K-6 \$3.00

Lunch

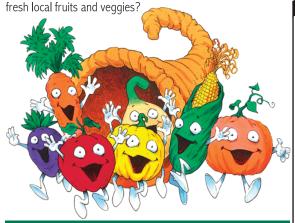
7-12 \$3.50

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

Local school or 907-714-8832

Local school or 907-714-8832 What's on Plates Plates

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 9

Hot Dogs
Seasoned Green
Beans
Frozen Cherry
Splash
Warm Cinnamon
Apple Slices
Rice Krispy Treats
Milk

Tues. September 10

Chicken Drumstick

Mashed Potato & Gravy Carrot Sticks with Ranch Dip Applesauce Cup Milk

Wed. September 11

Sweet Chili Thai Chicken

Rice Steamed Broccoli Mandarin Orange Slices Milk

Thurs. September 12

Nachos with Salsa

Refried Beans Santa Fe Vegetables Banana Milk

Friday, September 13

French Toast with
Sausage

Tater Tots Chilled Mixed Fruit Cookie

Milk

Mon. September 16

Pizza

Seasoned Green Beans Chilled Mandarin Frozen Cherry Splash Milk

Tues. September 17

Cheeseburger

KK Fries Carrot & Celery Sticks w/ Ranch Dip Strawberry Cup Milk

Wed. September 18

Teriyaki Chicken with Roll

Rice Steamed Broccoli Chilled Mixed Fruit Milk

Thurs. September 19

Spaghetti
with Garlic Toast
Cucumber &
Tomato with
Italian Dressing
Goldrush Juice Box
Diced Pears
Milk

Friday, September 20

Corn Pups

Baked Beans Tater Tots Fresh Grapes Milk

Mon. September 23

Taco Snack

Salsa Refried Beans Santa Fe Vegetables Chilled Diced Peaches Milk

Tues. September 24

Cheese Sticks with Dipping Sauce

Winter Mix Chilled Mandarin Orange Slices Cranberries Milk

Wed., September 25

French Toast with Sausage

Tater Tots Warmed Cinnamon Apple Slices Apple Juice Milk

Thurs. September 26

Sloppy Joe

Carrot Sticks with Ranch Dip Seasoned Green Beans Banana Milk

Friday, September 27

Beef Fingers Roll

Mashed Potato & Gravy Spinach Fruit Salad Strawberry Cup Milk

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