



Cafeteria Manager, Patricia Bentley

Make each day a great day!



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

This institution is an equal opportunity provider.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu box for Monday.

Chicken Littles OR
Mini Burgers
Green Beans
Lettuce/Tomato/Pickles
Fruit
Choice of Milk **1**

Manager's Choice **2**

Chicken Tenders w/ Roll
OR Steak Sliders
Pintos
Mac & Cheese
Fruit
Choice of Milk **3**

Hotdog OR
Fish Sandwich
Potato Wedges
Slaw
Fruit
Choice of Milk **4**

Chicken Sandwich OR
BBQ Sandwich
Baked Beans
Lettuce/Tomato
Fruit
Choice of Milk **7**

Pizza OR Burrito
Salad
Veggie cup
Fruit
Choice of Milk **8**

Steak Nuggets w/ Roll OR
Chicken Nuggets w/ Roll
Broccoli & Cheese
Cream Potatoes
Fruit
Choice of Milk **9**

Cheese sticks w/ Marinara
OR Cowboy Nachos
Corn
Green Beans
Fruit
Choice of Milk **10**

Hamburger OR
Turkey & Cheese on a bun
Chips
Lettuce/Tomato
Fruit
Choice of Milk **11**

Fish w/ hushpuppies
OR Mini Corndogs
Coleslaw
Potato Smiles
Fruit
Choice of Milk **14**

Taco Salad OR
Popcorn Chicken w/ Roll
Corn
Veggie cup
Fruit
Choice of Milk **15**

Pizza OR Chicken Taco Wrap
Caesar Salad
Carrots & Dip
Fruit
Choice of Milk **16**

PB&J & Cheese Stick
OR Grilled Cheese
Peas & Carrots
Chips
Fruit
Choice of Milk **17**

Sausage Biscuit OR
Chicken Biscuit
Tri-Taters
Gravy
Fruit
Choice of Milk **18**

Pizza OR
Chicken Nuggets w/ Roll
Okra
Salad
Fruit
Choice of Milk **21**

Burrito OR
Cowboy Nachos
Refried Beans
Corn
Fruit
Choice of Milk **22**

Chicken & Waffles OR
Fish Sandwich
Cream Potatoes
Green Beans
Fruit
Choice of Milk **23**

Steak Nuggets w/ Roll OR
Cheese Sticks w/ marinara
Carrots & Dip
Mac & Cheese
Fruit
Choice of Milk **24**

Hot dog OR
BBQ Sandwich
Slaw
Baked Beans
Fruit
Choice of Milk **25**

Teriyaki chicken w/ rice
OR Orange chicken w/ rice
Broccoli & Cheese
Peas & Carrots
Fruit
Choice of Milk **28**

Soft Taco OR
Chicken Taco Wrap
Lettuce/Tomatoes
Corn
Fruit
Choice of Milk **29**

Egg & Cheese Omelet OR
Steak Biscuit
Tri-Taters
Tomato Wedges
Fruit
Choice of Milk **30**

