



Cafeteria Manager, Terri Maynor

We are so happy to see you!



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.

USDA is an equal opportunity provider, employer, and lender. Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

1

1

Chicken Nuggets OR
Spicy Chicken Nuggets
Roll & Creamed Potatoes
Macaroni & Cheese
Pinto Beans
Fruit & Choice of Milk

2

Cheese sticks w/ sauce
Garden salad
Corn
Vegetable cup w/ ranch
Fruit
Choice of Milk

3

PB&J Sandwich w/ cheesestick
OR Grilled Hotdog
Potato Smiles
Cole slaw
Chili
Fruit
Choice of Milk

4

Pepperoni Pizza OR
Cheese Pizza
Garden Salad
Corn
Carrots w/ ranch
Fruit & Choice of Milk

7

Chicken Sandwich OR
Spicy Chicken Sandwich
Lettuce/Tomato/Pickles
Tater Tots
Fruit
Choice of Milk

8

Taco Meat w/ Nacho Chips
OR Burrito
Refried Beans
Corn
Shredded cheese/Lettuce/Tomato
Fruit & Choice of Milk

9

BRUNCH FOR LUNCH
Sausage OR Chicken Biscuit
White Gravy
Hash browns
Yogurt Cup
Fruit & Choice of Milk

10

Spaghetti w/ meat sauce
OR Ravioli
Garlic Bread
Salad
Corn
Fruit & Choice of Milk

11

Yogurt/Cheese sticks plate
Cookie, Crackers,
Applesauce, carrots w/ ranch
OR
Salad plate w/ grilled chicken or cheese
cup
Fruit & Choice of Milk

14

Pepperoni Pizza
OR Cheese Pizza
Garden Salad
Corn
Fresh Veg. Cup
Carrots/Broccoli/Cauliflower w/ ranch
Fruit & Choice of Milk

15

Steak Nuggets w/ roll
OR Fish w/ hushpuppies
Green Beans
Slaw
Sweet Potato Tots
Fruit & Choice of Milk

16

BRUNCH FOR LUNCH
Chicken & Waffles w/ syrup OR
Pancakes w/ syrup & sausage
Roasted Potatoes
Yogurt Cup
Fruit & Choice of Milk

17

Chili Frito Pie
OR Chili Cheese Tots
Garden Salad
Veggie cup w/ ranch
Cinnamon Roll
Fruit & Choice of Milk

18

Quesadilla OR Burrito
Shredded lettuce
Diced tomatoes
Refried Beans
Corn
Fruit & Choice of Milk

21

Chicken Tenders
Creamed Potatoes
White Beans
Broccoli w/ cheese
Steamed Carrots
Roll
Fruit & Choice of Milk

22

Teriyaki chicken w/ rice
OR Asian chicken w/ rice
OR Chicken Nugget w/ rice
Fortune Cookie & Egg Roll
Stir Fry Veggies
Fruit & Choice of Milk

23

BRUNCH FOR LUNCH
Sausage OR Steak Biscuit
Cheese Stix
White Gravy
Hash brown
Yogurt cup & Fruit & Choice of Milk

24

Corndog OR
PB&J w/ cheese sticks
Chips
Cookies
Carrots w/ ranch
Icee & Choice of Milk

25

Grilled Cheese Sandwich
OR PB&J w/ cheese sticks
Chips
Cookies
Carrots w/ ranch
Sherbet & Choice of Milk

28

BBQ Sandwich OR
Old Fashion Hamburger
Slaw
Baked Beans & Roasted Potatoes
Lettuce/Tomato/Pickles
Fruit & Choice of Milk

29

Grilled Hotdog OR
Grilled Cheese Sandwich
Slaw
Chips & Cookie
Chili Beans
Fruit & Choice of Milk

30

Chicken Nuggets OR
Spicy Chicken Nuggets
Roll & Creamed Potatoes
Oven Baked Squash
Green Beans
Fruit & Choice of Milk

