

SEPTEMBER



Lunch Prices
Student: \$2.95
Adult: \$4.00

All lunches **MUST** include a fruit, vegetable or 100% fruit juice (Offered 2 days/week)

and **MAY** include 1% or skim chocolate milk

Available Everyday:

Sunbutter & Jelly sandwich on WG bread served with a cheese stick

WG Bagel served with a cheese stick & low-fat yogurt



Menus are subject to change based on product availability or substitution
 WG = Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 WG Spaghetti with Marinara Beef Meatballs Steamed Broccoli Fresh Fruit & Vegetable Hormone Free Milk	29 Chicken Fajita Quesadilla Campfire Pinto Beans Fresh Fruit & Vegetable Hormone Free Milk	30 Chicken & Vegetable WG Dumpling Brown Fried Rice Orange Ginger Carrots Fresh Fruit & Vegetable Hormone Free Milk	31 Baked Chicken Tender Baked Tator Tots Fresh Fruit & Vegetable Hormone Free Milk	1 Cheese or Pepperoni Pizza Steamed Green Beans Garden Salad Fresh Fruit & Vegetable Hormone Free Milk
Week 1 Weekly Features Hot: Hamburger or Cheeseburger Cold: Fruit & Cheese Cup with Pretzels				
4 School Closed	5 Twin Beef Tacos BBQ Black Beans Fresh Fruit & Vegetable Hormone Free Milk	6 BBQ Bacon Cheddar Grilled Chicken Sandwich Steamed Broccoli & Cauliflower Fresh Fruit & Vegetable Hormone Free Milk	7 French Toast Sticks Turkey Sausage Baked Hashbrown Patty Fresh Fruit & Vegetable Hormone Free Milk	8 Cheese or Chicken Parmesan Pizza Roasted Red Peppers Garden Salad Fresh Fruit & Vegetable
Week 2 Weekly Features Hot: Cheese Quesadilla Cold: Turkey & American on WG Bread				
11 Chicken Penne Alfredo Roasted Broccoli Fresh Fruit & Vegetable Hormone Free Milk	12 Beef Nachos Warm Seasoned Garbanzo Beans Fresh Fruit & Vegetable Hormone Free Milk	13 Broccoli Cheddar Baked Potato Green Beans Fresh Fruit & Vegetable Hormone Free Milk	14 EARLY DISMISSAL Baked Chicken Tender OR Bagel lunch OR Sunbutter & Jelly Sandwich Fresh Fruit & Carrot Sticks Hormone Free Milk	15 Cheese or Veggie Pizza Steamed Corn Garden Salad Fresh Fruit & Vegetable Hormone Free Milk
Week 3 Weekly Features Hot: Baked Chicken Tender Cold: Blueberry Parfait				
18 Pasta with Marinara or Meatsauce Steamed Green Beans Fresh Fruit & Vegetable Hormone Free Milk	19 Chicken Soft Tacos Campfire Pinto Beans Fresh Fruit & Vegetable Hormone Free Milk	20 Turkey Burger or Turkey Cheeseburger Baled French Fries Fresh Fruit & Vegetable Hormone Free Milk	21 Mac & Cheese Sautéed Spinach Fresh Fruit & Vegetable Hormone Free Milk	22 Cheese Stuffed Breadsticks Roasted Squash Garden Salad Fresh Fruit & Vegetable Hormone Free Milk
Week 4 Weekly Features Hot: Turkey Sausage, Egg & Cheese on WG Biscuit Cold: Egg Chef Salad				
25 School Closed	26 Beef Quesadilla Refried Beans & Steamed Corn Fresh Fruit & Vegetable Hormone Free Milk	27 BBQ & Cheddar Chicken Tender Sub Steamed Broccoli Fresh Fruit & Vegetable Hormone Free Milk	28 Mini Blueberry Waffles Turkey Sausage Roasted Sweet Potato Fresh Fruit & Vegetable Hormone Free Milk	29 Cheese or BBQ Chicken Pizza Steamed Green Beans Garden Salad Fresh Fruit & Vegetable Hormone Free Milk
Week 5 Weekly Special Hot: Pineapple Chicken & Brown Rice Bowl Cold: Strawberry Parfait				

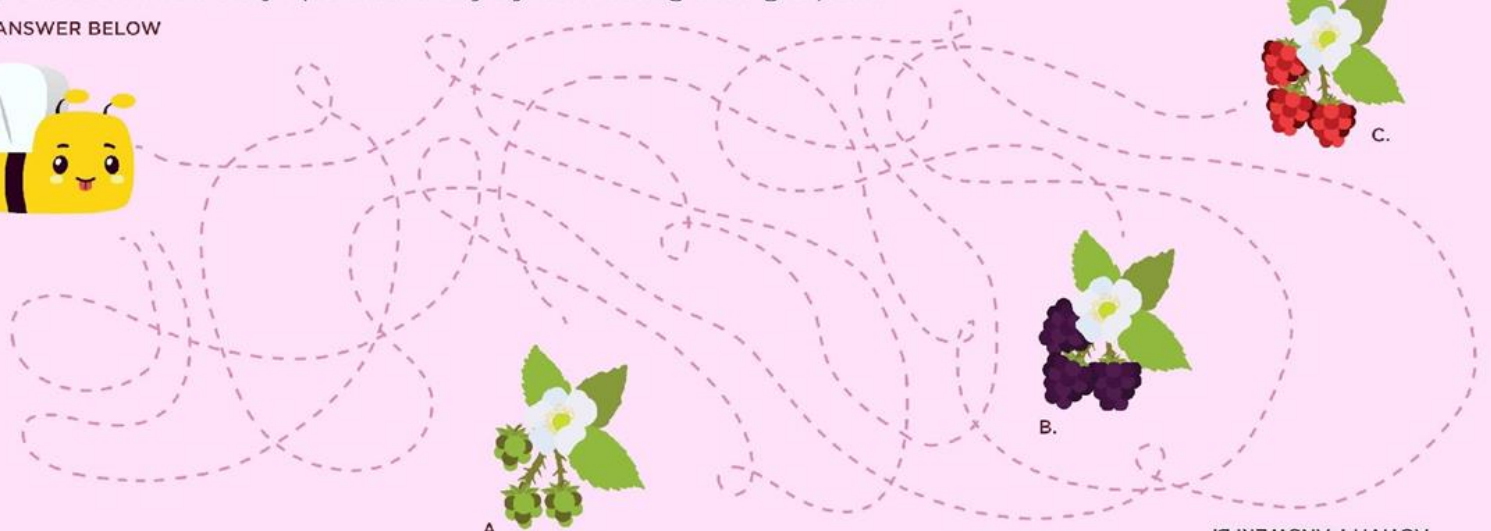
BLACKBERRY SINGING IN THE DEAD OF NIGHT

Fresh-picked from dense, fruitful thickets called brambles, blackberries are jam-packed with fiber, vitamin C, manganese, and vitamin K. These tart but delicious fruit are the perfect addition to any desert. Blackberries are especially good for your brain—helping it operate at peak function and protecting it from damage. Small but mighty, blackberries serve as an anti-inflammatory, antioxidant, and antibacterial food that fights many diseases. Blackberries begin as small and green, start to ripen when they turn a deep red, and are primed for picking once they turn a dark purple or blue-black, around August and early September.

ACTIVITY: BEE MINE

Bees love to feed on blackberry blossoms. The honey they produce after drinking from the blackberry blossoms is dark-colored and fruit-flavored. Help this bee find a truly ripe blackberry by connecting the right path.

SEE ANSWER BELOW



A.

B.

C.

DID YOU KNOW?

READY TO BE A BATOLOGIST?

Batology, despite how it sounds, requires zero interaction with bats. It is actually the scientific study of blackberries! Due to its berry confusing name, Batology is often mistaken for Chiropterology, which is the study of bats.



ACE'S JOKE OF THE MONTH

Q. WHAT DO YOU CALL
A GROUP OF BLACKBERRIES
PLAYING GUITAR?

SEE ANSWER BELOW



DON'T GO BREAKING MY TART.
I COULDN'T IF I PIED.