

Monday, September 19

**Breakfast**

Breakfast Burrito  
(Sausage, Egg and Cheese)

**Lunch**

-Sausage Pizza  
-Mini Corn Dogs  
-Popcorn Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Carrots  
Chilled Pears  
Cold Milk

Tuesday, September 20

**Breakfast**

Egg & Cheese Biscuit

**Lunch**

-Popcorn Chicken Bowl  
-BBQ Pork Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Sweet Corn  
Fresh Apple  
Cold Milk

Wed., September 21

**Breakfast**

Mini Pancakes with Syrup

**Lunch**

-Toasted Ravioli & Bosco Stick  
-Hot Ham & Cheese Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Green Beans  
Chilled Applesauce  
Cold Milk

Thursday, September 22

**Breakfast**

Biscuit & Gravy

**Lunch**

-Bacon Cheeseburger  
-Hot & Spicy Chicken Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Cheesy Broccoli  
Chilled Peaches  
Cold Milk

Friday, September 23

**Breakfast**

Mini Waffles & Syrup

**Lunch**

-Cheesy Chicken Nachos  
(Queso, Tortilla Chips and Seasoned Mexican Chicken)  
-Fish Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Ranchero Beans  
Fresh Orange  
Cold Milk

Monday, September 26

**Breakfast**

Breakfast Pizza

**Lunch**

-Pepperoni Pizza  
-Hot Dog on Bun  
-Popcorn Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Carrots  
Mixed Fruit  
Cold Milk

Tuesday, September 27

**Breakfast**

Sausage Biscuit

**Lunch**

-Chicken Strips & Waffles  
-BBQ Ribette Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Baked Beans  
Chilled Applesauce  
Cold Milk

Wed., September 28

**Breakfast**

Pancake on a Stick

**Lunch**

-Mozzarella Sticks & Dipping Sauce  
-Hamburger on Bun  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Green Beans  
Chilled Pears  
Cold Milk

Thursday, September 29

**Breakfast**

Banana Bread

**Lunch**

-Cheeseburger  
-Sub Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Fries  
Craisins  
Cold Milk

Friday, September 30

**Breakfast**

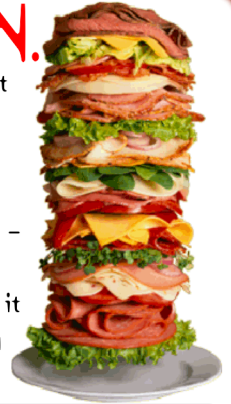
Pop Tarts

**Lunch**

-Chicken Nuggets & Roll  
-Sloppy Joe Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Cheesy Broccoli  
Chilled Peaches  
Cold Milk

# MODERATION.

We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but try not to over-do it!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Monday, September 26

**Breakfast**

Breakfast Pizza

**Lunch**

-Pepperoni Pizza  
-Hot Dog on Bun  
-Popcorn Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Carrots  
Mixed Fruit  
Cold Milk

Tuesday, September 27

**Breakfast**

Sausage Biscuit

**Lunch**

-Chicken Strips & Waffles  
-BBQ Ribette Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Baked Beans  
Chilled Applesauce  
Cold Milk

Wed., September 28

**Breakfast**

Pancake on a Stick

**Lunch**

-Mozzarella Sticks & Dipping Sauce  
-Hamburger on Bun  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Green Beans  
Chilled Pears  
Cold Milk

Thursday, September 29

**Breakfast**

Banana Bread

**Lunch**

-Cheeseburger  
-Sub Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Fries  
Craisins  
Cold Milk

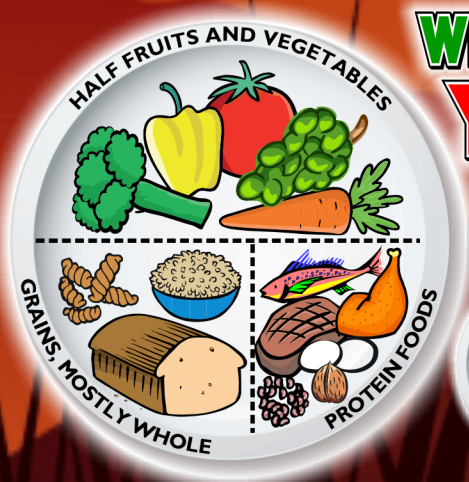
Friday, September 30

**Breakfast**

Pop Tarts

**Lunch**

-Chicken Nuggets & Roll  
-Sloppy Joe Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Cheesy Broccoli  
Chilled Peaches  
Cold Milk



## What's on YOUR plate?

### Q: How is a strawberry like the flag of Italy?



### A:

As strawberries grow and ripen, they turn from green to white to red – just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

