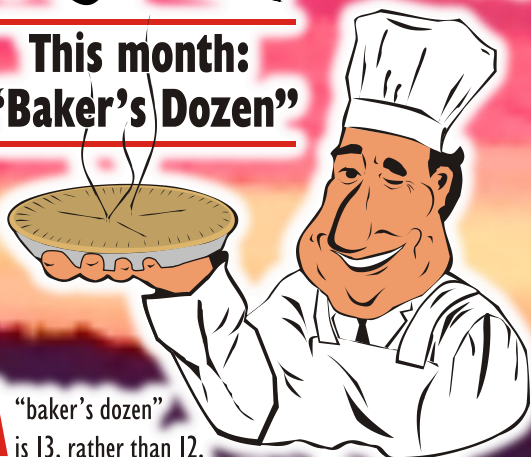


Where do all of our crazy names for food come from?



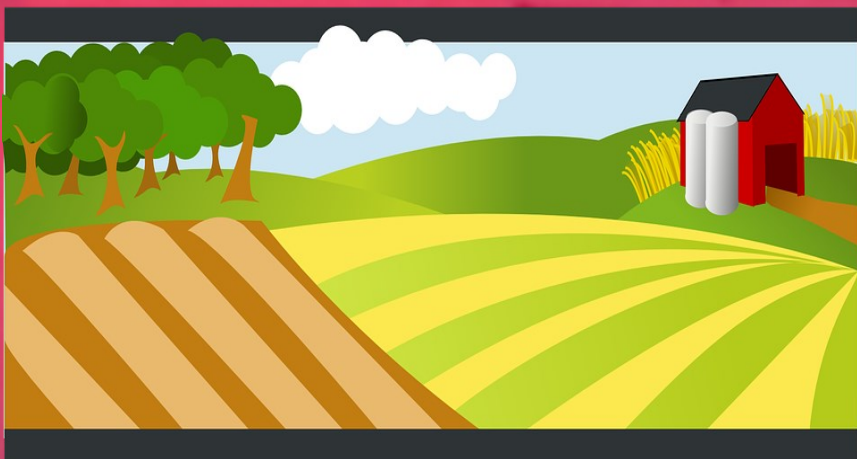
WORDS OF MOUTH

This month: "Baker's Dozen"



A "baker's dozen" is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!



Monday, September 18

Breakfast

Pancake & Sausage
Sandwich

Lunch

-Cheese Pizza
-Grilled Chicken Sandwich
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Chilled Pears
Cold Milk

Tuesday, September 19

Breakfast

Cinnamon Roll

Lunch

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

Wed., September 20

Breakfast

Pancake & Sausage Stick

Lunch

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

Thursday, September 21

Breakfast

Blueberry Muffins

Lunch

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

Friday, September 22

Breakfast

Mini Waffles & Syrup

Lunch

-Chicken Nuggets & Roll
-Sloppy Joe Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Fresh Apple
Cold Mil

Monday, September 25

Breakfast

Breakfast Pizza

Lunch

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

Tuesday, September 26

Breakfast

Sausage Biscuit

Lunch

-Chicken Strips & Mini Waffles
-Turkey & Cheese Croissant
-Caesar Salad & Bosco Stick
-Deli Sandwich
Emoji Potatoes
Chilled Applesauce
Cold Milk

Wed., September 27

Breakfast

Parfait &
Nutri-grain Bar

Lunch

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

Thursday, September 28

Breakfast

Breakfast Bagel

Lunch

-Orange Chicken & Fried Rice
-Sub Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Pineapple
Fortune Cookie
Cold Milk

Friday, September 29

Breakfast

Banana Muffins

Lunch

-Straw Hat
-Chef Salad & Bosco Stick
-Deli Sandwich
Ranchero Beans
Orange Smiles
Cold Milk

For Breakfast, we offer General Mills Cereals and Cereal Bars as additional entree choices.

Breakfast includes milk, fruit and juice.



When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them. They're also less likely to overindulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

