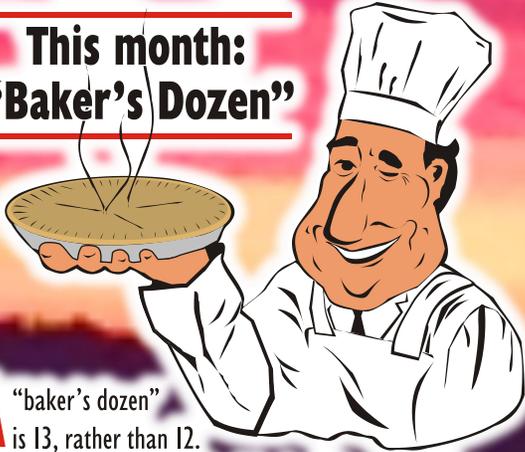


Where do all of our crazy names for food come from?



# 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!



A TASTY MORSEL FOR PARENTS