

SEPTEMBER 2023

This institution is an equal opportunity provider. Menus are subject to change.

**HAPPY
LABOR DAY!**



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

Tuesday, September 5

Breakfast
Chicken Biscuit

Lunch
-Sausage, Egg & Cheese
Croissant
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Chilled Applesauce
Cold Milk

Wed., September 6

Breakfast
Pancake & Sausage Stick

Lunch
-Popcorn Chicken,
Pretzel Bites & Queso
-Hamburger on Bun
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Sweet Craisins
Cold Milk

Thursday, September 7

Breakfast
Cheesy Scrambled Eggs
& Biscuit

Lunch
-Bosco Sticks & Dipping Sauce
Hot & Spicy Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Cold Milk

Friday, September 8

Breakfast
Banana Bread
with Chocolate Chips

Lunch
-Soft Beef Tacos
-Cheesy Fish Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Fresh Apple
Cold Milk

Monday, September 11

Breakfast
Breakfast Pizza

Lunch
-Sausage Pizza
-Corn Dog
-Popcorn Chicken Salad
& Bosco Stick
-Deli Sandwich
Baby Carrots
Mixed Fruit
Cold Milk

Tuesday, September 12

Breakfast
Bacon, Egg & Cheese Biscuit

Lunch
-French Toast Sticks & Sausage
-Ham & Cheese Croissant
-Caesar Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Applesauce
Gogurt Yogurt
Cold Milk

Wed., September 13

Breakfast
Yogurt Cup & Oatmeal Bar

Lunch
-Chicken Nuggets & Macaroni
-Meatball Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Tator Tots
Frozen Juice Cup
Cold Milk

Thursday, September 14

Breakfast
Mini Pancakes & Syrup

Lunch
-Cheeseburger
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Fresh Broccoli
Chilled Peaches
Cold Milk

Friday, September 15

Breakfast
Banana Muffins

Lunch
-Cheesy Chicken Nachos
-Fish Sticks &
Cornbread Muffin
-Chef Salad & Bosco Stick
-Deli Sandwich
Cheesy Refried Beans
Orange Smiles
Cold Milk

Friday, September 1

Breakfast
Banana Muffins

Lunch
-Straw Hat
-Fish Sticks &
Cornbread Muffin
-Chef Salad & Bosco Stick
-Deli Sandwich
Ranchero Beans
Orange Smiles
Cold Milk

WHITESIDE MIDDLE SCHOOL

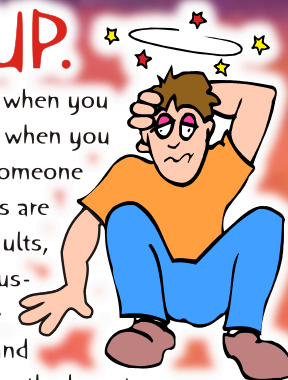
September 11, 2001



*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*

HEADS UP.

A concussion can occur when you take a hit to the head or when you run into something or someone and stop suddenly. Kids are more vulnerable than adults, and if you get one concussion, you're more prone to get another. Rest – and avoiding another hit – are the keys to recovery.



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