

# 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

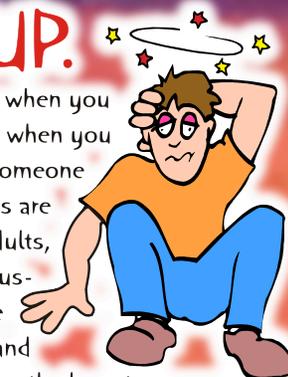
*September 11, 2001*



*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!**