

SEPTEMBER 2019

<p>2</p> <p>LABOR DAY NO SCHOOL</p> 	<p>3</p> <p>Cereal, granola bar, Juice/Fruit *****</p> <p>Chicken on a bun BBQ beans French fries Mixed fruit</p> <p>Welcome Back!</p>	<p>4</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>Sweet & Sour chicken Rice Stir fry vegetables Egg roll Apple</p>	<p>5</p> <p>Cougar muffin Juice/Fruit *****</p> <p>Pepperoni pizza Salad Fresh broccoli Peaches</p>	<p>6</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>- Salad Day - Chicken vermicelli Baby greens Cucumber slices Buttered roll Sorbet cup</p>
<p>9</p> <p>Cereal, Honey buns Juice/Fruit *****</p> <p>Rib-a-Que BBQ beans Tater puffs Mixed fruit</p>	<p>10</p> <p>Breakfast pizza Juice/Fruit *****</p> <p>Burrito & salsa Cheese sauce Steamed broccoli Santa Fe beans</p>	<p>11</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>Macaroni & cheese Peas Buttered roll Applesauce</p>	<p>12</p> <p>Cougar muffin Juice/Fruit *****</p> <p>Stuffed crust pizza Salad Fresh broccoli Fruit cup</p>	<p>13</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>Ham & turkey hoagie Salad Cucumber slices Goldfish Grapes</p>
<p>16</p> <p>Giant goldfish, cereal, Juice/Fruit *****</p> <p>Chicken nuggets Calico fries Green beans Buttered roll Peaches</p>	<p>17</p> <p>Pancake on a stick, syrup, Juice/Fruit *****</p> <p>Quesadilla Salsa Spanish rice Refried beans Mixed fruit</p>	<p>18</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>Beef dippers Rice Stir fry vegetables Egg roll Apple</p>	<p>19</p> <p>Cougar muffin Juice/Fruit *****</p> <p>Cheese pizza Salad Fresh broccoli Fruited Jello Kiwi</p>	<p>20</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>Chef salad Buttered roll Cucumber slices Cherry tomatoes Grapes</p>
<p>23</p> <p>Cereal, Teddy bits Juice/Fruit *****</p> <p>Hamburger Calico fries Green beans Mixed fruit</p>	<p>24</p> <p>Yogurt, Muffin Juice/Fruit *****</p> <p>Nachos Salsa Steamed broccoli Santa Fe beans Apple</p>	<p>25</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>Soup of the day Cheesy toast Fresh cauliflower Baby carrots Pears</p>	<p>26</p> <p>Cougar muffin Juice/Fruit *****</p> <p>Pizza Salad Fresh broccoli Fruit cup</p>	<p>27</p> <p>Cereal, Toast Juice/Fruit *****</p> <p>Southwest salad Corn salad Baby carrots Grapes</p>
<p>30</p> <p>Cereal, Granola bar Juice/Fruit *****</p> <p>Chicken on a bun Tater puffs Green beans Mixed fruit</p>		<p><i>Program benefits and services are available to all children without regard to race, color, sex, handicap, or national origin.</i></p> <p>** Our menu follows USDA Guidelines **</p>	<p>Breakfast: \$1.85 (Includes Juice & Milk)</p> <p>Lunch: (Includes milk)</p> <p>Grades K-5: \$3.00 Grades 6-8: \$3.25</p> <p>Milk/Chocolate Milk 50¢</p>	