



September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Happy Labor Day</p>	<p>5</p> <p>Tachos</p> <p>Taco Meat, Potatoes, Cheese</p> <p>Fresh Veggies</p> <p>Fruit</p> <p>Whole Grain Bread</p> <p>Milk</p> <p>International Day of Charity</p>	<p>6</p> <p>Chicken Burrito</p> <p>Refried Beans</p> <p>Fresh Veggies</p> <p>Tortilla Chips</p> <p>Fruit—Milk</p>	<p>7</p> <p>Sloppy Joes</p> <p>Potatoes - Sandwich Toppings</p> <p>Fruit</p> <p>Graham Cracker</p> <p>Milk</p> <p>Founding Day for Google</p>	<p>8</p> <p>Deli Sandwich</p> <p>Sun Chips</p> <p>Fresh Veggies</p> <p>Fruit—Cookie</p> <p>Milk</p>
<p>11</p> <p>Whole Grain Corn Dog</p> <p>Potatoes</p> <p>Fresh Veggies</p> <p>Fruit</p> <p>Milk</p>	<p>12</p> <p>K- 6—Beef Taco</p> <p>7- 12 Enchilada</p> <p>Rio Beans —Spanish Rice</p> <p>Fresh Veggies</p> <p>Milk</p> <p>Hug and High-Five Day</p>	<p>13</p> <p>Chicken Nuggets</p> <p>Mashed Potatoes & Gravy</p> <p>Broccoli</p> <p>Whole Grain Rolls</p> <p>Fruit—Milk</p>	<p>14</p> <p>Pulled Pork on a Bun</p> <p>Potatoes</p> <p>Coleslaw</p> <p>Fruit</p> <p>Milk</p> <p>Creamed Filled Donut Day</p>	<p>The 5 Food Components for Lunch</p> <p>Vegetable</p> <p>Fruit</p> <p>Grain</p> <p>Milk</p> <p>Meat/Meat Alternate</p> <p>Choose at least 3 components (including 1/2 cup fruit and or vegetable)</p> <p>For a nutritious meal choose all 5!</p>
<p>18</p> <p>Chicken Quesadilla</p> <p>Refried Beans</p> <p>Fresh Veggies</p> <p>Salsa—Tortilla Chips</p> <p>Fruit</p> <p>Milk</p> <p>Respect Day</p>	<p>19</p> <p>Chicken Fried Steak</p> <p>Mashed Potatoes and Gravy</p> <p>Sliced Carrots</p> <p>Whole Grain Roll</p> <p>Fruit</p> <p>Milk</p> <p>Talk Like A Pirate Day</p>	<p>20</p> <p>Chicken Sandwich</p> <p>Salad w/Toppings</p> <p>Ranch Dressing</p> <p>Fruit</p> <p>Milk</p>	<p>21</p> <p>Pork and Rice Bowl</p> <p>International Day of Peace</p>	
<p>25</p> <p>Mexican Pasta</p> <p>Steamed Veggies</p> <p>Garlic Toast</p> <p>Fruit</p> <p>Milk</p>	<p>26</p> <p>Cheese Yum Yums</p> <p>Fresh Veggies</p> <p>Marinara Sauce</p> <p>Cookie Dough Hummus</p> <p>Graham Crackers</p> <p>Apples—Milk</p> <p>Johnny Applesed Day</p>	<p>27</p> <p>Hamburger on a Bun</p> <p>Potatoes</p> <p>Fry Sauce</p> <p>Sandwich Toppings</p> <p>Fruit</p> <p>Milk</p>	<p>28</p> <p>Biscuits</p> <p>Chicken Strips</p> <p>Mashed Potatoes—Gravy</p> <p>Green Beans</p> <p>Fruit</p> <p>Milk.</p> <p>Good Neighbor Day</p>	

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