

Monday, September 16

Breakfast

Fried Eggs, Hash browns, WG Toast, Asst. Juice, Grapes, Choice of Milk

Lunch

Beef Soft Taco
Shred Lettuce/Tomato
Refried Beans
Spanish Rice
Sidekicks
1% White, Skim Choc
(Alternate Choice@M/S, H/S)
Cheese Burger

Tuesday, September 17

Breakfast

Pancake on a Stick, Syrup, Applesauce, Cheese Stick, Choice of Milk

Lunch

Sliced Ham
Sweet Potato
Green Beans
Cornbread
Mixed Fruit
1%White, Skim Choc
(Alternate Choice@M/S,H/S)
Bean Burrito

Wed., September 18

Breakfast

Cold Cereal, Ham/Cheese Bar, Sliced Pears, Choice of Milk

Lunch

Chicken Nuggets w/BBq sauce
WG Sliced Bread
Tossed Salad w/Dressing
Fresh Orange
1% White, Skim Choc
(Alternate Choice@M/S,H/S)
Corndogs

Thursday, September 19

Breakfast

Oatmeal w/Brown Sugar, WG Toast w/Jelly, Sliced Peaches, Choice of Milk

Lunch

Bean and Cheese Burrito
Taco Sauce
Mexicali Corn
Brown Rice
Sliced Pears
1%White, Skim Choc
(Alternate Choice@M/S,H/S)
Pepperoni Pizza

Friday, September 20

Breakfast

Breakfast Pizza, Assorted Juice, Sliced Apples, Choice of Milk

Lunch

BBQ Pork Sandwich
French Fries
Cooked Carrots
Fresh Apple
1% White, Skim Choc
(Alternate Choice@M/S, H/S)
Deli Sandwich

Monday, September 23

Breakfast

WG Biscuits, Sausage Patty, Sliced Peaches, Choice of Milk

Lunch

Chicken Rice Soup
Turkey & Cheese Sub
Tossed Salad w/Dressing
Fresh Apple
1%white, Skim Choc
(Alternate Choice@M/S, H/S)
Cheese Burger

Tuesday, September 24

Breakfast

Hot Or Cold Cereal, Blueberry Muffin, Assorted Juice, Banana, Choice of Milk

Lunch

Baked Pork Chop
Mashed Potatoes w/ Gravy
Corn w/Red Peppers
WG Dinner Roll
Applesauce
1% White, Skim Choc
(Alternate Choice@M/S, H/S)
Bean Burrito

Wed., September 25

Breakfast

Scrambled Eggs w/ Sausage, WG Toast w/ Jelly, Assorted Juice, Grapes, Choice of Milk

Lunch

Spaghetti w/ Meat Sauce
WG Garlic Toast
Tossed Salad w/ Dressing
Fresh Orange
1%White, Skim Choc
(Alternate Choice@M/S, H/S)
Pepperoni Pizza

Thursday, September 26

Breakfast

WG Pancakes, Syrup, Sliced Pears, Choice of Milk

Lunch

Hot Turkey Sandwich W/ Gravy
Mashed Potatoes
Green Beans
Sliced Peaches
Choice of Milk
(Alternate Choice@M/S, H/S)
Chicken Wings

Friday, September 27

Breakfast

Assorted Cereal, WG Toast w/ Jelly, Applesauce, Choice of milk

Lunch

Sloppy Joe on WG Bun
French Fries
Baked Beans
Fresh Banana
Choice of Milk
(Alternate Choice@M/S, H/S)
Corndogs

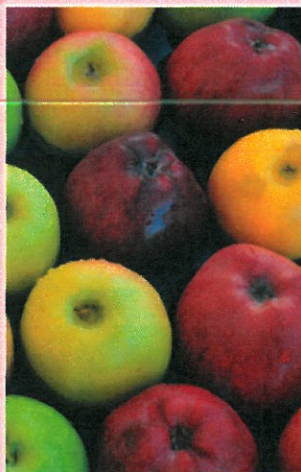
Monday, September 30

Breakfast

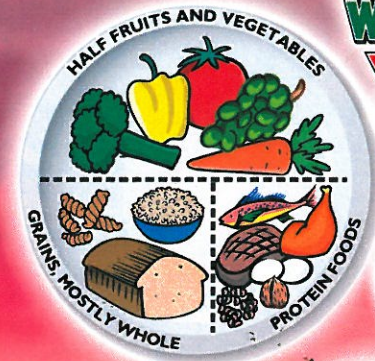
WG Granola, Strawberry Yogurt, Sliced Peaches, Choice of Milk

Lunch

Pepperoni Or Cheese Pizza
Tossed Salad w/Dressing
Green Beans
Fresh Apple
1%White, Skim Choc
(Alternate Choice@M/S,H/S)
Grilled Cheese



Johnny Appleseed's real name was John Chapman. He was born on September 26, 1774. He was a "nurseryman," someone who plants and tends trees. He got his nickname by introducing the apple tree to large parts of Ohio, Indiana, and Illinois.



What's on YOUR plate?



What does a pickle start out as and how does it become a pickle?



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

DIVE BOMBER



Yellow jackets just love to attack soda cans this time of year. Why? Well, they've had all summer to build up their populations, and most of their natural food sources are starting to dry up. There's a solution, though - yellow jackets won't go near a bottle of water!

ANIMAL APPETITES