

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nutritional Info

<p>2 Labor Day</p>	<p>3 Taco Tuesday! Beef Or Veggie Tacos Rice and Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>4 Brunch For Lunch! Pancakes Or Egg and Cheese Breakfast Sandwich Crispy Tater Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>5 Baked Chicken Tenders w. Brown Rice Or Baked Mostaccioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>6 NY Style Cheese Pizza Or NY Style Pepperoni Pizza Or NY Style Veggie Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Grab n' Go Available Daily: Turkey Subs; Cheese Sandwiches; & Fresh Salads</p>
<p>9 BBQ Chicken w. Brown Rice Or Black Bean Veggie Burger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>10 Baked Fish Sandwich Or Macaroni & Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>11 Popcorn Chicken Mashed Potato Bowl Or Baked Mostaccioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>12 Sloppy Joe Or Personal Cheese Pizza Baked Curly Fries! Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>13 Baked Chicken Tenders Or Pasta Primavera Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 645 Protein (g): 15 Carbs(g): 40 Total Fat (g): 8</p>
<p>16 Meatball Sub Or Vegetarian Chili Bowl Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>17 Pasta w. Meat Sauce Or Cheese Filled Bosco Breadsticks w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>18 Chicken Nachos Or Veggie Nachos w. Rice & Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>19 All Beef Hot Dog Or Cheese Ravioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>20 BBQ Chicken Pizza Or NY Style Cheese Pizza Or NY Style Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 650 Protein (g): 21 Carbs(g): 40 Total Fat(g): 10</p>
<p>23 Baked Chicken Sandwich Or Vegetarian Sausage Biscuit Sandwich Crispy Hash Brown Triangle Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>24 MmmBurger w. Cheese Or Pasta w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>25 Turkey Taco Or Cheese Quesadilla w. Toppings Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>26 Spaghetti w. Meatballs Or Tofu & Veggies w. Rice & Black Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>27 Baked Chicken Nuggets Or Macaroni & Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 640 Protein (g): 20 Carbs(g): 44 Total Fat (g) 9</p>
<p>30 Sweet and Sour Chicken Over Rice Or Pasta Primavera Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>					



Apples are a member of the rose family of plants, along with pears, peaches, plums and cherries.