

V Vegetarian
LG Locally Grown

Welcome Back!
9th Grade Lunch

30
Chicken & Broccoli Casserole with Brown Rice
*Broccoli
Carrots
3 Bean Salad
Assorted Fruits*

31
BBQ Chicken Drumsticks & Roll
*Green Beans
Sweet Potatoes
Assorted Fruits*

1
No School

4
Labor Day

5
Macaroni & Cheese Bar **V**
*Green Beans
Sweet Potatoes
Assorted Fruits*

6
Shepherd's Pie
*Cucumber Slices **LG**
Side Salad
Assorted Fruits*

7
Bacon, Egg & Cheese Croissant
*Carrot Sticks **LG**
Roasted Potatoes
Assorted Fruits*

8
Chicken Stir Fry with Brown Rice
*Cauliflower **LG**
Red Peppers **LG**
Assorted Fruits*

11
Chicken Gyro Bar
*Cucumbers **LG**
Cherry Tomato **LG**
Assorted Fruits*

12
Sweet Chili Turkey Tips & Brown Rice
*Broccoli
Glazed Carrots
Assorted Fruits*

13
Baked Potato Bar & Dinner Roll
*Black Beans
Golden Corn
Assorted Fruits*

14
Chicken & Biscuits
*Red Potatoes **LG**
Celery Sticks
Assorted Fruits*

15
Pasta Bar
*Side Salad
Carrots **LG**
Assorted Fruits*

18
National Cheeseburger Day! Fish Tacos
*Kickin' Pintos
Side Salad
Assorted Fruits*

19
Buffalo or BBQ Chicken Sandwich
*Celery Sticks
Carrots **LG**
Assorted Fruits*

20
Roast Pork Dinner
*Mashed Potatoes
Cherry Tomatoes **LG**
Assorted Fruits*

21
No School Rosh Hashanah

22
Sloppy Joes
*Side Salad
Cucumber Slices **LG**
Carrots **LG**
Assorted Fruits*

25
Chicken Ranch Flatbread
*3 Bean Salad
Carrots **LG**
Assorted Fruits*

26
French Toast & Sausages
*Roasted Potatoes
Pears **LG**
Assorted Fruits*

27
Fruit & Yogurt Platter
*Watermelon
Chunks **LG**
Cucumber Coins
Assorted Fruits*

28
Meatball Calzone
*Grilled Zucchini **LG**
Broccoli
Assorted Fruits*

29
General Tso Chicken & Brown Rice
*Side Salad
Carrots **LG**
Tomatoes
Assorted Fruits*

Daily Offerings
Grab & Go Salad **V** **LG**
Grill
Burrito Bar **V**
Deli **V**
Grab & Go Wraps
Pizza
Sunbutter & Jelly **V**
Yogurt Parfaits **V**
Chicken Patty
Chicken Nuggets
Chicken Tenders
Spicy Chicken Sandwich

Check out our Harvest of the Month Cherry Tomatoes!
Fresh & Cupped Fruit, Fresh Veggies & 100% Fruit Juice
Milk: Skim Chocolate, Skim, 1%, Lactaid
Reduced Lunch: \$.40*Paid Lunch: \$3.00*Premium Lunch: \$3.50
Make payments & view transactions at myschoolbucks.com
Food & Nutrition Office: 978-443-9961 ext.3290