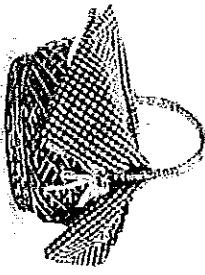


Elementary /Intermediate
 USDA is an equal opportunity provider and employer. Menus are subject to change.



**HAPPY
 LABOR DAY!**
 ★
**NO SCHOOL
 MONDAY
 SEPTEMBER 7**

Tues, September 8
Choice of One
 Corn Dog w/ Dip
 Tony's Pizza
Sides
 Green Beans
 Pears
 Milk
Breakfast
 Breakfast Pizza
 Fruit, Milk

Wed, September 9
Only Choice
 Salad Bar
Sides
 Garbanzo Beans
 Apple
 Milk
Breakfast
 Cereal, Toast
 Fruit, Milk

Thurs, September 10
Choice of One
 Nachos
 Tony's Pizza
Sides
 Corn
 Banana
 Milk
Breakfast
 Waffle Sticks
 Juice, Milk

Friday, September 11
Choice of One
(H) BBQ Grilled
 Chicken Bites
 Tony's Pizza
Sides
 Broccoli Salad
 Peaches
 Milk
Breakfast
 Yogurt, Granola
 Fruit, Milk

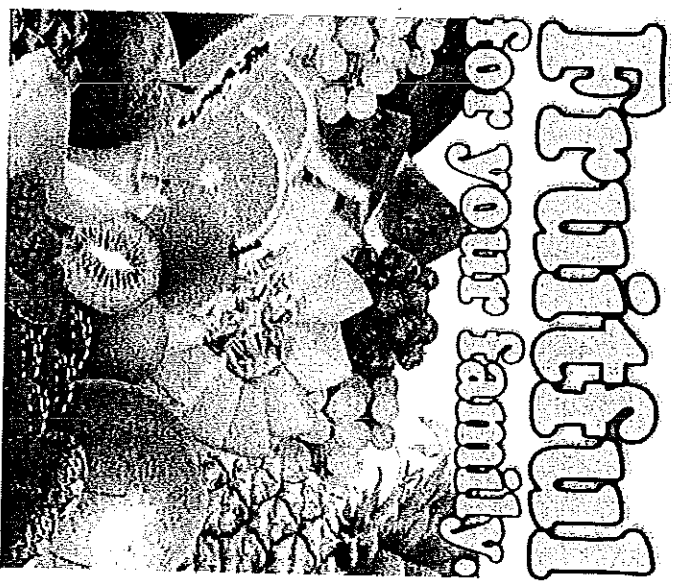
Salad Bar may contain the following items:
 Romaine blend lettuce mix, diced ham, diced egg, shredded
 cheese, cucumber, peppers, tomato, broccoli, cauliflower, car-
 rots, peas, garbanzo beans, low fat ranch dressing and low fat
 French dressing.

(H) = Homemade



Your go-to choice for hydration should be good
 old H₂O. But foods like watermelon (of course),
 cucumbers, peppers, celery, cauliflower, tomatoes,
 and strawberries are all more than 90% water and
 can help you hydrate AND feel more full, too.

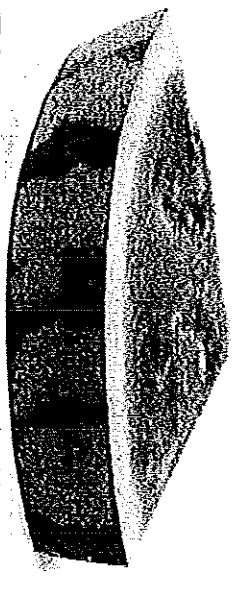
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Our meals are fantastic for your family in
 more ways than one. First, we're there
 for you every day, so you don't have to
 worry. Plus, our prices are the best
 you'll find for a full, balanced meal. We
 also meet healthy standards that are

Breakfast Lunch

\$1.20 \$2.50



Get in touch with us today to learn more about
 free and reduced-price meals in our district.
 744-1647 x3715 or x3716

Mon., September 14

Choice of One
Fiesta
(Mexican Pizza)
Turkey Wrap
Sides
Steamed Broccoli
Applesauce
Milk
Breakfast
Cereal, Toast
Fruit, Milk

Tues., September 15

Choice of One
Salisbury Steak
Turkey Wrap
Sides
Mashed Potatoes
w/ Gravy
Pears, Milk
Breakfast
Egg/Cheese
Muffin, Juice, Milk

Wed., September 16

Only Choice
Salad Bar
Sides
Green Pepper &
Cucumber
Banana, Milk
Breakfast
Cereal, Toast
Fruit, Milk

Thurs., September 17

Choice of One
(H) Sloppy Joe's
Turkey Wrap
Sides
Sweet Potato Tots
Pineapple
Milk
Breakfast
Oatmeal, Toast
Fruit, Milk

Friday, September 18

Choice of One
Ham & Cheese
Croissant
Turkey Wrap
Sides
Chick Pea Salad
Apple
Milk
Breakfast
Yogurt, Granola
Fruit, Milk

Mon., September 21

Choice of One
Cheese Pizza
Quesadilla
Ham Sandwich
Sides
Green Beans
Peaches
Milk
Breakfast
Cereal, Toast
Fruit, Milk

Tues., September 22

Choice of One
Nachos
Ham Sandwich
Sides
Corn
Orange Wedges
Milk
Breakfast
Pancakes, Juice
Milk

Wed., September 23

Only Choice
Salad Bar
Sides
Carrot Sticks
Mixed Fruit
Milk
Breakfast
Cereal, Toast
Fruit, Milk

Thurs., September 24

Choice of One
Cheeseburger
Ham Sandwich
Sides
Broccoli Slaw
Grapes
Milk
Breakfast
Oatmeal, Toast
Fruit, Milk

Friday, September 25

Choice of One
Fish Shapes
Ham Sandwich
Sides
Baked Beans
Pears
Milk
Breakfast
Yogurt, Granola
Fruit, Milk

Mon., September 28

Choice of One
Chicken Tenders
Turkey Wrap
Sides
Steamed Broccoli
Orange Wedges
Milk
Breakfast
Cereal, Toast
Fruit, Milk

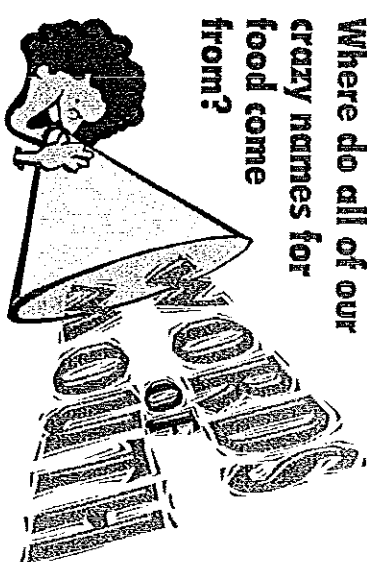
Tues., September 29

Choice of One
Soft Tacos
Turkey Wrap
Sides
Refried Beans
Applesauce, Milk
Breakfast
Waffle Sticks
Juice, Milk

Wed., September 30

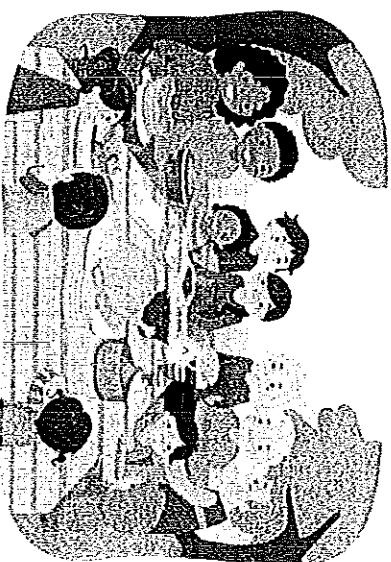
Only Choice
Salad Bar
Sides
Fresh Cauliflower
Banana, Milk
Breakfast
Cereal, Toast
Fruit, Milk

**Where do all of our
crazy names for
food come
from?**



This month: "Picnic"

"Picnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.



Breakfast: \$1.20 Non-sugared cereal offered daily. USDA guidelines require all students to take a serving of fruit/vegetable as part of their breakfast.

Lunch: \$2.50 Choose one of two entrees PLUS all sides. USDA guidelines require all students to take a serving of fruit or a serving of vegetable as part of their lunch. Milk: \$0.40

Students who receive free or reduced meals and take a milk when bringing a lunch from home will be charged \$0.40. We are not on the special milk program because we offer breakfast and lunch.

www.SendMoneyToSchool.com

www.lunchapp.com

www.reeths-puffer.org