
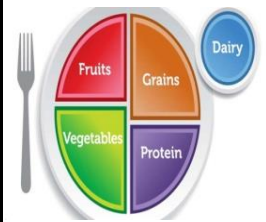


<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>NO SCHOOL</b> <b>LABOR DAY</b> 	B - Sausage, Biscuit, Gravy or Jelly, Fruit, Juice L- Crispitoes, Beans, Salad, Chips,Fruit	B - Cereal, Toast, Jelly, Juice, Fruit L - Spaghetti/Meat, Garlic Bread,Corn, Fruit	B - Cowboy Bread, Smokies, Fruit, Juice L - Deli Sandwich, Chips, Carrot Sticks, Ranch, Fruit	B - Fruit Smoothie G. Crackers, Fruit, Juice L - Chicken Alfredo, Steamed Broccoli, Roll Fruit
B - Chicken & Biscuit, Hash brown, Fruit, Juice L - Salisbury Steak, M. Potatoes, Roll, Fruit	B-Combo Bar, Toast Fruit, Juice L- Homemade Pizza, Salad/Ranch, Broccoli, Fruit	B - Cin. Roll, Cheese Stix Applesauce, Juice L - Chicken Wrap, Chips Carrot Sticks/ Ranch Cookie, Fruit	B - Cereal, Toast Fruit, Juice L - Corndog, Chips Salad/Ranch, Celery/ P. Butter, Fruit	B - S. Eggs, Bacon Toast, Fruit, Juice L - Pig In a Blanket, Pasta Salad, Mixed Vegetables, Fruit
B - French Toast, S. Link, Syrup, Fruit, Juice L - Baked Chicken, Mashed Potatoes, Roll Cooked Carrots, Fruit	B - Cereal, Toast, Fruit Juice L - Homemade Burrito, Beans, Spanish Rice, Chips Salsa ,Fruit	B - Muffin, Cheese Stick Fruit, Juice L - Cheeseburger, Fries Lettuce, Tom., Pickle, Fruit	B - Donut, Yogurt Cup, Fruit, Juice L - Breakfast for Lunch Eggs, Bacon, Biscuit, Gravy Hash brown, Juice, Fruit	B - Breakfast Pizza Fruit, Juice L - Beef Stroganoff, Roll Steamed Broccoli, Fruit
B - Sausage, Egg, Biscuit, Fruit, Juice L - Chicken & Noodles, Mixed Veggies, Roll Jell-O, Fruit Cup	B- Cowboy Bread Smokies, Fruit, Juice L - Soft Taco's, Beans Spanish Rice, Chips, Salsa ,Fruit	B - Pancake on a Stick Syrup, Fruit, Juice L - Popcorn Chicken Salad, Crackers, Broccoli, Carrots, Ranch, Fruit	B - Breakfast Burrito Fruit, Juice L - Ham & Cheese Sand. Chips, Salad/Ranch, Baked Zucchini , Fruit	B - Cereal, Toast, Fruit, Juice L - Pork Roast, Au Gratin Potatoes, Green Beans, Roll, Fruit
B - Chicken & Biscuit Yogurt Cup, Fruit, Juice L - Mac & Cheese, Mixed Veggies, Roll Fruit	<p>★OFFER VS SERVE IS 3RD - 6TH GRADE LUNCH ONLY @ ELEMENTARY SITE</p> <p>Flexibility on the NEW RULE for child nutrition is:</p> <p>a) Flavored low fat milk offered, b) 1/2 of grains must be whole grain rich during the week c) sodium levels reduced</p> <p>This institution is an equal opportunity provider</p>			

**MENU**  
**SUBJECT TO**  
**CHANGE**  
**WITHOUT**  
**NOTICE**



<p><b>Eat breakfast</b></p>  <ul style="list-style-type: none"> <li>- have more energy</li> <li>- do better in school</li> <li>- eat healthier throughout the day</li> </ul>	<p><b>Skip breakfast</b></p>  <ul style="list-style-type: none"> <li>- fatigue</li> <li>- easily get irritable</li> <li>- restless</li> </ul>
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