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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
LABOR DAY NO SCHOOL	Breakfast Sausage Biscuit (28) 100% Fruit Punch(14) Applesce(13) Lunch Spaghetti(22)Sauce(17)GarlicBrd(14) Turkey&Cheese Sub(30) Steamed Broccoli(5) X-Ray Vision Carrots(16) Baby Carrot Cups(8) Applesauce(13)Fruit Slushie(20)	Breakfast Warm WG Cini Minis (40) Grape Juice(19) Banana(22) Lunch Crispy Chicken(16)Sandwich(29) Fruit(**)Yogurt (39) Parfait (25) (2) Seasoned Waffle Fries (19) California Blend Veg(5) Cucumber/Tomato Cup(3) Banana (22)/Craisins (28)	Breakfast Maple French Toast Stix (22) Apple Juice(13) Pears (23) Lunch Nachos (36) Chili(3) & Cheese (6) Grilled Chicken Salad (33) Corn Niblets(16) Southwestern Beans (23) Fresh Vegetable Cup(3) Canteloupe(10)MixBerryCup(20)	Breakfast Egg(2) & Cheese(1) Biscuit (28) Orange Juice(13) Mix Fruit (18) Lunch Cheese Sticks(32) & Sauce(6) Fajita Chicken Wrap (29) Seasoned Green Beans(5) Mix it up Vegetables(15) Baby Carrot Cups(8) Fruit Slushie(20)Fruit Gelatin(18)
W2D1	W2D2	W2D3	W2D4	W2D5
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Breakfast Blueberry Mini Pancakes (36) Ojuice (13) Applesauce (13) Lunch Mom's ChickenLeg(5)Biscuit(28) Muffin (27)Yogurt(15)String Chz Sweet Green Peas (15) Cream Style Potatoes(22) Baby Carrot Cups(8) Fruit Slushie(20)Applesauce(13)	Breakfast Chicken (9) Biscuit (28) Apple Juice(13)Pineapple (19) Lunch OrangeChic(25)Rice(28)EggRoll(22) Fajita Chicken Salad (33) Stir Fry Vegetables (5) Glazed Carrots(16) Cucumber/Tomato Cup(3) Strawberry/Kiwi(12) Pineapple (19)	Breakfast Warm WG Fruit Frudal (36) Fruit Punch(14) Banana (22) Lunch Wild Mikes Cheese Bites(28)Dip(6) Fruit(**)Yogurt (39) Parfait (25) (2) Buttered Broccoli (5) Sweet Corn Niblets (16) Leafy Green Salad(2) Banana (22)/Craisins (28)	Breakfast Cinnamon French Toast Stix(22) Apple Juice(13) Pears (23) Lunch Hot Dog(1) w/ Chili (1) Bun (31) Chicken Ranch Wrap (29) California Blend Veg(3) Crinkle Cut Fries(17) Creamy Cole Slaw(9) Raisel(35)Peach Cup(33)	PARENT/TEACHER CONFER. NO SCHOOL
W3D1	W3D2	W3D3	W3D4	W3D5
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Breakfast Mini Maple Pancakes (29) Ojuice (13) Applesauce (13) Lunch Big Daddy Pizza (35-36) Muffin (27)Yogurt(15)String Chz Garlic Green Beans(5) Sweet Corn Niblets (16) Baby Carrot Cups(8) Applesauce(13)Fruit Slushie(20)	Breakfast Egg(2) Biscuit (28) w/Gravy (5) Apple Juice(13) Peaches (18) Lunch Chic Nuggets(16)Sauce(*) Chef Salad (30) Mac-n- Cheese (21) Steamed Broccoli(5) Leafy Green Salad(2) Apple(12)&Carmel(19) Peaches(18)	Breakfast Bacon,Egg,&Cheese Pizza(16) Fruit Punch(14) Banana (22) Lunch Hamburger/Cheeseburger(30) Fruit(**)Yogurt (39) Parfait (25) (2) Homestyle Baked Beans (37) Potato Smiles (20) Cucumber/Tomato Cup(3) Banana (22) Craisins (28)	Breakfast Glazed Goody Ring (29) Apple Juice(13) Pears (23) Lunch Corndog Nuggets(30) Ham &Cheese Sub(30) Seasoned Pinto Beans (17) Sweet Potato Fries (25) Creamy Cole Slaw(9) Watermelon(10)StrawberryCup(33)	Breakfast Egg & Cheese(1) Croissant (26) Orange Juice(13)Pineapple (19) Lunch Chicken(13) & Waffle (43) Snack Bag(47-53) Mix it up Vegetables(15) Buttered Broccoli (5) Baby Carrot Cups(8) Fruit Slushie (20) Pineapple (19)
W1D1	W1D2	W1D3	W1D4	W1D5
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Breakfast Cinn. Glzed Pancakes (35) Ojuice(13) Sliced Peaches (18) Lunch Chick Poppers(17)Sauce(*)Roll (29) Muffin (27)Yogurt(15)String Chz Sweet Green Peas (15) Smashed Potatoes (22) Baby Carrot Cups(8) Peaches (18) Fruit Slushie (20)	Breakfast Sausage Biscuit (28) 100% Fruit Punch(14) Applesce(13) Lunch Spaghetti(22)Sauce(17)GarlicBrd(14) Grilled Chicken Salad (33) Steamed Broccoli(5) X-Ray Vision Carrots(16) Leafy Green Salad(2) Applesauce(13)FreshStrawberries(7)	Breakfast Warm WG Cini Minis (40) Grape Juice(19) Banana(22) Lunch Crispy Chicken(16)Sandwich(29) Fruit(**)Yogurt (39) Parfait (25) (2) Seasoned Waffle Fries (19) California Blend Veg(5) Cucumber/Tomato Cup(3) Banana (22)/Craisins (28)	Breakfast Maple French Toast Stix (22) Apple Juice(13) Pears (23) Lunch Nachos (36) Chili(3) & Cheese (6) Turkey&Cheese Sub(30) Corn Niblets(16) Southwestern Beans (23) Fresh Vegetable Cup(3) Apple(12)&Carmel(19)Blush Pears(23)	Breakfast Egg(2) & Cheese(1) Biscuit (28) Orange Juice(13) Mix Fruit (18) Lunch Cheese Sticks(32) & Sauce(6) Fajita Chicken Wrap (29) Seasoned Green Beans(5) Mix it up Vegetables(15) Baby Carrot Cups(8) Fruit Slushie(20)Fruit Gelatin(18)
W2D1	W2D2	W2D3	W2D4	W2D5

Breakfast items offered on a daily basis:
Cereal (14-25) / Fruit (12-22) / Fruit Juice (13-19)

Rotating Alternate Breakfast Choices :
WG Poptart (37-38)/Muffin (23-28)/Cereal Bar (26-29)

Milk choices offered with breakfast and lunch daily:
1% milk (12)/ 1% Chocolate milk (24)/ 1% Strawberry milk (22) FF White Milk (12)

*Sauce, Condiments & Salad Dressing
carbs vary from 1-5 grams a packet

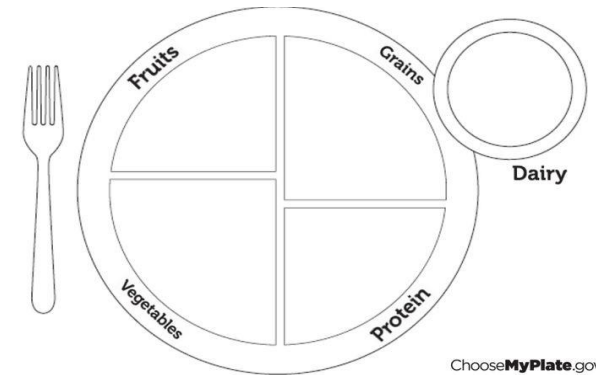
Just for Parents

Ala Carte items available:

Bottled Water \$.75
Various Ice creams \$.75 -1.00
***Any item purchased in excess
or as a single component of the
meal plan is considered a la
carte and prices will vary.

****PLEASE NOTE**** Temporary benefit
status expires Sept. 17th.
You can apply by going to
onlinemealapplication.k12k.com.

Draw and color foods for each food group.

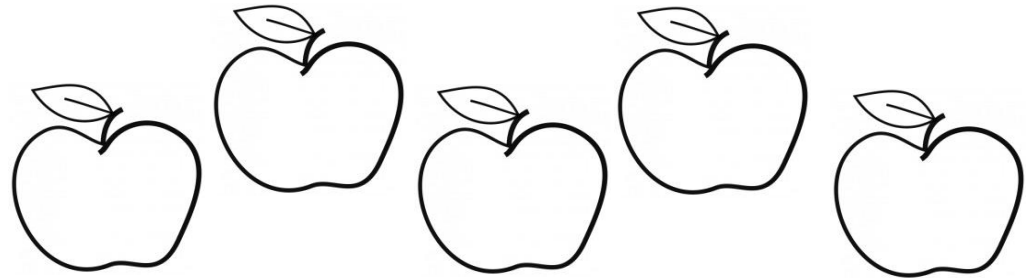


FUN PAGE (puzzles, facts, coloring)



www.COLORINGBARN.COM

Color the apples in the many colors available



An apple is a type of fruit that is grown on an apple tree
Most apples are ready to be harvested in autumn.
The fruit comes in many different shapes and sizes.
Apples also can be found in large ranges of colors. Red, yellow,
orange and green apples can be found in most grocery stores.
Apples are used to make apple juice, cider, vinegar, apple sauce
and many different kinds of desserts.
Apples are also a good source of fiber.
Scientists and doctors are beginning to believe there might be
some truth in the old saying, “An apple a day keeps the doctor away!”

