


September 2019 Menu



Fresh Fruit & Vegetable Program
offered twice a week

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Cheese Yum Yum Carrot Sticks Fresh or Canned Fruit Healthy Choice Bar	4 Pepperoni Rippers Tossed Green Salad Fresh Or Canned Fruit	5 Cheese burger Baked Beans Fresh or Canned Fruit Healthy Choice Bar	6 Fish & Chips Corn Fresh or Canned Fruit Brownie
9 Corn Dog Potato Wedges Baby Carrots & Peas Fresh or Canned Fruit	10 Pulled Pork Sandwich Fiesta Beans Fresh or Canned Fruit Healthy Choice Bar	11 Idaho Haystacks Fresh or Canned Fruit Condiment Bar	12 Chicken Tenders Cheesy Potato Green Beans Fresh or Canned Fruit	13 Deli Sandwich Fresh or Canned Fruit Fresh Veggie Sticks Condiment Bar
16 Sweet 'n Sour Chicken Rice Steamed Broccoli Fresh or Canned Fruit	17 Wiener Wrap Pork & Beans Fresh or Canned Fruit Healthy Choice Bar	18 Burrito Seasoned Corn Fresh or Canned Fruit Healthy Choice Bar	19 Macaroni Cheese Mixed Veggies Fresh or Canned Fruit	20 Cheese Pizza Tossed Green Salad Fresh Or Canned Fruit Cookie
23 "Breakfast for lunch" French Toast Scrambled Eggs Strawberries Hash browns Carrot Sticks	24 Pork Chop BBQ Baked Beans Fresh or Canned fruit Healthy Choice Bar	25 Soft Taco Spanish Rice Veggie sticks Fresh or Canned Fruit Condiment Bar	26 Turkey Gravy Mashed Potatoes W.W. Roll Winter Blend Veggies Fresh or Canned Fruit	27 Italian Dunkers Tossed Salad Fresh or Canned Fruit
30 Chicken Sandwich Steamed Broccoli Fresh or Canned Fruit				

After School Snacks

You may be surprised to know that children actually **NEED** snacks.

Try giving your child a choice of snacks when he comes home. Offer foods like microwave low-fat popcorn, string cheese and fruit, or "ants on a log" (peanut butter spread on celery stalks and covered with raisins).

Keep your eyes peeled for locally grown fruits and vegetables!

