



ALL STUDENTS EAT ALL MEALS @ NO GOST AGAIN THIS YEAR

No paperwork required. Please come for Breakfast and Lunch!

Monday, August 25

<u>Line A</u>: Stromboli, tomato sauce, side salad

<u>Line B</u>: Chicken patty sandwich or chicken tenders with tater tots and veggies

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Tuesday, August 26

Line A: Tacos, rice, corn, lettuce, cheese, salsa

<u>Line B</u>: Popcorn chicken or BBQ rib sandwich with pierogis and carrots

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Wednesday, August 27

<u>Line A</u>: Pasta, meatballs, tomato sauce, side salad

Line B: Chicken patty sandwich or chicken tenders with pasta and peas

Line C: K-12 Menu

<u>Line D</u>: Salads and cold sandwich selection

Thursday, August 28

Line A: Beef and cheese burrito, salsa, rice, corn

<u>Line B</u>: Popcorn chicken or BBQ rib sandwich with fries and green beans

Line C: K-12 Menu

<u>Line D</u>: Salads and cold sandwich selection

Friday, August 29

HAPPY LABOR DAY!

Long weekend begins Friday August 29th.

No School Today!

HAPPY LABOR DAY!



Try not to be BLUE about Summer's end enjoy the last sweet days of the season BERRY much!

Tuesday, September 2

Line A: Buffalo chicken wrap, rice, green beans

<u>Line B</u>: Chicken nuggets or pulled pork sandwich with pierogis and green beans

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Wednesday, September 3

Line A: Spaghetti, meatballs, sauce, salad

<u>Line B</u>: Popcorn chicken or meatball sandwich with pasta and mixed veggies

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Thursday, September 4

Line A: Tacos, rice, corn, refried beans

<u>Line B</u>: Chicken nuggets or pulled pork sandwich with rice and broccoli

Line C: K-12 Menu

<u>Line D</u>: Salads and cold sandwich selection

Friday, September 5

Line A: Pizza, onion rings, salad

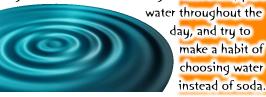
Line B: Popcorn chicken or meatball sandwich with fries and steamed carrots

Line C: K-12 Menu

<u>Line D</u>: Salads and cold sandwich selection

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure



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

Monday, September 8

Line A: Personal pan pizza, salad w/croutons

Line B: Chicken tenders or cheese steak sandwich with pasta and peas

Line C: K-12 Menu

sandwich selection

Tuesday, September 9

Line A: Turkey hoagie, lettuce, tomato, baked chips

Line B: Chicken patty sandwich or spicy popcorn chicken with mac and cheese

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, September 10

Line A: Ziti w/ meat sauce, broccoli w/cheese

Line B: Chicken tenders or cheese steak sandwich with tater tots and green beans

Line C: K-I2 Menu

Line D: Salads and cold

Thursday, September II

Line A: Beef or chicken tacos, refried beans, corn

Line B: Chicken patty sandwich or spicy popcorn chicken with rice and corn

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, September 12

Line A: Beef and cheese burrito, rice, refried beans

Line B: Chicken tenders or cheese steak sandwich with fries and sliced carrots

Line D: Salads and cold

sandwich selection

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

plate? DAIRY

Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, September 15

Line A: Crispy chicken wraps, baked chips, lettuce

Line B: Buffalo chicken wraps or chicken chunks with pasta and peas/carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, September 16

Line A: Chicken teriyaki bowl, rice, steamed broccoli

Line B: Max cheese sticks or spicy chicken sandwich with pierogis and peas

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Wednesday, September 17

Line A: Chicken alfredo over penne pasta, broccoli

Line B: Buffalo chicken wrap or chicken chunks with tater tots and broccoli

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Thursday, September 18

Line A: Taco salad, lettuce, tomato, salsa, cheese

Line B: Max cheese sticks or spicy chicken sandwich with rice and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, September 19

Line A: Stromboli, tomato sauce, side salad

Line B: Buffalo chicken wrap or chicken chunks with fries and mixed veggies

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Monday, September 22

Line A: Pizza, onion rings, side dish

Line B: Chicken parmesan sandwich or corn dogs with pasta and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, September 23

Line A: Soft shell tacos, rice, corn, refried beans

Line B: Meatball sandwich or chicken fingers with pierogis and carrots

Line C: K-I2 Menu

Line D: Salads and cold sandwich selection

Wednesday, September 24

Line A: Chicken fajita over rice, broccoli, carrots

Line B: Chicken parmesan sandwich or corn dogs with mac and cheese and veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, September 25

Line A: Chicken tenders, fires, corn, dipping sauce

Line B: Meatball sandwich or chicken fingers with potatoes and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, September 26

Act 80 Early Dismissal No Lunch Today See You Next Week!