

Health e<sup>PRO</sup>

# September

2021

## In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants.



Monday

Tuesday

Wednesday

Thursday

Friday

Turkey English Muffin  
CHEESE PIZZA  
BREADSTICK  
MARINERA  
SAUCE  
SPINACH  
FRUIT **1**

Berries & cream twi  
MEATBALL SUB  
CHEESE  
BAKED BEANS  
CELERY STICKS  
TOSSED SALAD  
FRUIT **2**

Cereal Bar  
MAC & CHEESE  
DINNER ROLL  
BABY CARROTS  
MASH POTATOES  
FRUIT **3**

NO SCHOOL **6**

Sausage Biscuit  
GRILLED CHEESE  
SANDWICH  
GRANOLA BAR  
CORN  
BABY CARROTS  
FRUIT **7**

Mini Pancakes  
HOT DOG  
TATOR TOTS  
CELERY STICKS  
CUCUMBERS  
FRUIT **8**

French Toast  
CHILI W/CHIPS  
SHREDDED  
CHEESE  
GREEN BEANS  
TOSSED SALAD  
FRUIT **9**

Breakfast Pizza  
P.B AND JELLY  
SANDWICH  
STRING CHEESE  
GRANOLA BAR  
BABY CARROTS  
APPLE **10**

Muffin  
DRUMSTICK  
COLESLAW  
SALAD  
DINNER ROLL  
CORN  
FRUIT **13**

Cinnamon Roll  
BEAN AND  
CHEESE BURRITO  
PICO DE GALLO  
CHAT SNACK  
CORN  
FRUIT **14**

Banana Bread  
ORANGE CHICKEN  
FORTUNE COOKIE  
VEG. MEDLEY  
BROCOLI  
FRUIT **15**

Pop Tart  
BREADSTICK  
PEPPERONI  
RIPPER  
MARINERA SAUCE  
TOSSED SALAD  
FRUIT **16**

Bagel w Cream  
CHICKEN WRAP  
CHEESE  
SHREDDED  
LETTUCE  
CUCUMBERS  
FRUIT **17**

Apple Cinnamon  
toast  
HAMBURGUER  
FRIES  
LETTUCE  
TOMATO  
FRUIT **20**

Mini Waffles  
CRUNCHY TACO  
CHEESE  
SHREDDED  
LETTUCE  
DICED TOMATOES  
FRUIT **21**

Apple -Rito  
SHREDDED BBQ  
SANDWICH  
COLESLAW SALAD  
CUCUMBERS  
FRUIT **22**

UBR Cookie  
FLORENTINE  
TOMATO SOUP  
GARLIC TOAST  
TOSSED SALAD  
CELERY STICKS  
FRUIT **23**

Yogurt Parfait  
HAM & CHEESE  
SANDWICH  
BABY CARROTS  
LEAF LETTUCE  
TOMATO SLICE  
FRUIT **24**

Cereal Bowl  
STUFFWICH,  
PEPPERONI  
BROCCOLI  
CAULIFLOWER  
CUCUMBER  
FRUIT **27**

Brkst oatmeal bar  
CHEESE  
ENCHILADA  
LETTUCE  
SOUR CREAM  
PICO DE GALLO  
FRUIT **28**

Muffin Banana nut  
CHICKEN  
NUGGETS  
CONFETTI FRIES  
BROCOLI  
CAULIFLOWER  
FRUIT **29**

Mini donuts  
CORN DOG  
GRANOLA BAR  
CELERY STICKS  
FRIES  
FRUIT **30**

## Announcements

Food Shortages are nationwide, and our school is also experiencing unavailable items or last minute replacements. Menus are subject to change, but we will do our best to notify you if there are any major changes.

ALL MEALS INCLUDE MILK.

## Meal Prices

Please note that due to federal funding in response to the COVID-19 pandemic, meals are FREE for all schools regardless of income status for the duration of the 2021-2022 school year. Second meals and Adult meals will be charged the adult meal price. Only complete meals will be Free. Any single or extra items will be charged. Food preferences such as vegan/vegetarian that are not MEDICALLY necessary will not be accommodated. Meals for children with special dietary needs will be provided upon request.