





**Meet Your Nutritious Friends:
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 No School Labor Day	3 Hot Dog on a WG Bun  FEATURED VEGGIES Vegetarian Baked Beans	4 Chicken Patty on a WG Bun FEATURED VEGGIES Green Beans	5 Goulash (Non WG Pasta) FEATURED VEGGIES Romaine Side Salad	6 Superfruit Craveable w/ a Blueberry Mini Loaf (V) FEATURED VEGGIES Tomatoes	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Meat/Meat Alternative - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable May Include: Dark Green-Spinach, broccoli, romaine salad Red/Orange-Carrots, sweet potatoes, tomatoes, red peppers Beans/Peas-Chick Peas Starchy-White potatoes, corn & lima beans Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans & cabbage</p> <p>Choice of Fruit May Include: Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple & mandarin oranges</p> <p>Choice of Milk 1% white, fat-free white, fat-free chocolate</p> <p>Daily Entrée Options May Include: -Smucker's Uncrustable PB&J (V) -Cheese or Cheese/Pepp Pizza 🍷 -Chicken Patty on a WG Bun -Milk, fruit & vegetable (V) -Turkey & Cheese Sandwich 🍷</p> <p>*All grains served are whole grain. *All turkey lunch meat and pepperoni served is Halal.</p>
9 Cheeseburger Casserole w/a WG Soft Pretzel FEATURED VEGGIES Dill Seasoned Tater Triangles	10 Chicken Gyro w/ Side of Tzatziki Sauce FEATURED VEGGIES Cucumbers	11 Hawaiian Meatballs over Rice FEATURED VEGGIES Broccoli	12 Waffles w/a Fried Chicken Leg FEATURED VEGGIES Green Beans	13 Macaroni & Cheese (V) (Non WG Pasta) FEATURED VEGGIES Tomatoes	
16 Mini Mac Burger on a WG Bun FEATURED VEGGIES Red Pepper Strips	17 Chicken Walking Taco w/Nacho Cheese Doritos & a Cookies & Cream Chewy Granola Bar FEATURED VEGGIES Corn	18 Pasta w/Meatballs (Non WG Pasta) FEATURED VEGGIES Romaine Side Salad	19 Sweet 'n Sour Chicken Fried Rice FEATURED VEGGIES Baby Carrots	20 Egg & Cheese Bagel Sandwich (V) FEATURED VEGGIES Tater Triangles	
23 Chicken Tenders w/a WG Soft Pretzel FEATURED VEGGIES Green Pepper Strips	24 Soft Shell Beef Tacos FEATURED VEGGIES Tomatoes	25 French Toast Sticks w/Pork Sausage Links Fresh Fruit Cup  FEATURED VEGGIES Sweet Potato Home Fries	26 Chicken Mashed Potato Bowl w/ Scooby Snacks FEATURED VEGGIES Mashed Potatoes Corn	27 Non-Attendance Day	
30 Non-Attendance Day				*Free breakfast & lunch available to all students when school is in session.	

Jenny Johns Patterson: General Manager
Jean Viglione: Registered Dietitian
Suzanne Robertson: Café Services Manager
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(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
(WG) Whole Grain
👍 Halal 🐷 Contains Pork

