

SEPTEMBER 2020 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Say Thank You to your Food Service Worker (FSW) on September 25th!</p>	<p>1 Cinnamon French Toast+ Chicken Sausage</p> <p>Sweet Potato Fries Baby Carrots Fresh Pear</p>	<p>2 Meat Lover's Calzone</p> <p>Steamed Broccoli Celery Sticks Flavored Applesauce</p>	<p>3 Mac & Cheese+</p> <p>Steamed Green Beans Craisins</p>	<p>4 Deep Dish Galaxy Cheese Pizza+</p> <p>Black Beans Baby Carrots Fresh Banana</p> <p>National Pizza Day</p>
<p>7 Labor Day</p>	<p>8 Chicken Nuggets Dinner Roll</p> <p>French Fries Fresh Orange</p>	<p>9 Mini Corn Dogs</p> <p>Steamed Broccoli Baby Carrots Flavored Applesauce</p>	<p>10 Classic Hamburger</p> <p>Baked Beans Celery Sticks Fresh Apple</p>	<p>11 Breaded Chicken Sandwich</p> <p>Tater Tots Fresh Orange</p>
<p>14 Meatball Sub</p> <p>Steamed Broccoli Baby Carrots Fresh Apple</p>	<p>15 Cheeseburger</p> <p>Tater Tots Flavored Applesauce</p> <p>National Cheeseburger Day</p>	<p>16 Chicken Nuggets Breadstick</p> <p>Steamed Carrots Celery Sticks Fresh Banana</p>	<p>17 Hot Diggity Dog</p> <p>Sweet Golden Corn Golden Delicious Apple</p>	<p>18 Classic Hamburger</p> <p>Baked Beans Celery Sticks Watermelon Craisins</p>
<p>21 Breaded Chicken Sandwich</p> <p>Steamed Peas Fresh Apple</p>	<p>22 Deep Dish Galaxy Cheese Pizza+</p> <p>Tater Tots Flavored Applesauce <i>Mini Rice Krispies Treat</i></p> <p>First Day of Fall</p>	<p>23 Cheeseburger</p> <p>Baked Beans Celery Sticks Strawberry Craisins</p>	<p>24 Pizza Crunchers+</p> <p>Side Salad Baby Carrots Fresh Apple</p>	<p>25 Hot Diggity Dog</p> <p>Sweet Potato Fries Celery Sticks Flavored Applesauce</p> <p>National FSW Day</p>
<p>28 Confetti Pancakes+ String Cheese</p> <p>Tater Tots Watermelon Craisins</p> <p>National Pancake Day</p>	<p>29 Grilled Turkey Ham & Cheese Sandwich</p> <p>Baked Beans Baby Carrots Fresh Pear</p>	<p>30 Classic Hamburger</p> <p>Sweet Potato Fries Celery Sticks Craisins</p>		<p>Why do birds fly south in the fall?</p> <p>Because it's too far to walk!</p> 

The National School Lunch Program follows the USDA's Dietary Guidelines. Every 5 years, the USDA publishes well-researched advice for sound nutrition habits. School Lunch aligns with these guidelines to help create healthy eating habits for kids!



Menu Subject to Change





[A]

Milk contains no artificial growth hormones or antibiotics. We use heart healthy whole-grain breads for our buns, breadsticks, rolls.

*Item contains Pork, +Item contains No Meat

Nutrition and allergen Information available at www.FSPro.com

SEPTEMBER 2020 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Facts:</p> <p>Our Nutri-Grain Bars from Kellogg's are a whole grain-rich item made with flavors from natural sources.</p> 	<p>1</p> <p>Rice Krispies Raspberry Yogurt Fresh Apple Orange Juice</p>	<p>2</p> <p>Cheerios Animal Crackers Fresh Orange Fruit Punch Juice</p>	<p>3</p> <p>Frosted Flakes Belly Bears Fresh Banana Grape Juice</p>	<p>4</p> <p>Cinnamon Dazzle Ultimate Breakfast Round Fresh Apple Slices Apple Juice</p>
<p>7</p> <p>Labor Day</p>	<p>8</p> <p>Cheerios Scooby Doo Crackers Orange Craisins Apple Juice</p>	<p>9</p> <p>Chocolate Chip Muffin String Cheese Fresh Apple Grape Juice</p>	<p>10</p> <p>Golden Grahams Bar Jungle Crackers Flavored Applesauce Fruit Punch Juice</p>	<p>11</p> <p>Hard-Boiled Egg Goldfish® Cheddar Crackers Craisins Apple Juice</p> 
<p>14</p> <p>Strawberry Nutri-Grain Bar String Cheese Strawberry Craisins Orange Juice</p>	<p>15</p> <p>Cinnamon Raisin Bagel Cream Cheese Fresh Apple Grape Juice</p> <p>Cinnamon Raisin Day</p>	<p>16</p> <p>Blueberry Muffin String Cheese Flavored Applesauce Apple Juice</p>	<p>17</p> <p>Rice Krispies Belly Bears Fresh Banana Grape Juice</p>	<p>18</p> <p>Cinnamon Chex String Cheese Flavored Applesauce Fruit Punch Juice</p>
<p>21</p> <p>Corn Chex Jungle Crackers Flavored Applesauce Grape Juice</p> 	<p>22</p> <p>Bagel Jelly Golden Delicious Apple Orange Juice</p>	<p>23</p> <p>Oatmeal Chocolate Chip Benefit Bar Fresh Banana Grape Juice</p>	<p>24</p> <p>Cheerios Raspberry Yogurt Fresh Pear Apple Juice</p>	<p>25</p> <p>Team Cheerios Bar Vanilla Yogurt Fresh Apple Fruit Juice</p> 
<p>28</p> <p>Apple Cinnamon Cheerios Belly Bears Flavored Applesauce Fruit Juice</p>	<p>29</p> <p>Blueberry Nutri-Grain Bar String Cheese Orange Craisins Apple Juice</p>	<p>30</p> <p>Banana Muffin Strawberry Banana Yogurt Apple Slices Grape Juice</p>	<p>New:</p> <p>Vanilla Danimals® Yogurt on September 25th</p>	<p>What does cereal say when it leaves the room?</p> <p>Cheerio!</p>

Eating breakfast promotes better grades, improved behavior, reduced tardiness, and fewer visits to the nurse's office.



****Menu Subject to Change***

[BEX]

Milk contains no artificial growth hormones or antibiotics. We use heart healthy whole-grain breads and serve 100% fruit juice. Nutrition and allergen information available at www.FSPro.com

SEPTEMBER 2020 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW:</p> <p>Cinnamon Elf Grahams</p> 	<p>1</p> <p>Cheez-Its 100% Fruit Juice</p>	<p>2</p> <p>Cinnamon Elf Grahams 1% Milk</p> 	<p>3</p> <p>Scooby Doo Crackers 1% Milk</p>	<p>4</p> <p>Goldfish® Color Crackers 100% Fruit Juice</p>
<p>7</p> <p>Labor Day</p>	<p>8</p> <p>Animal Crackers 1% Milk</p>	<p>9</p> <p>Bug Bites 1% Milk</p>	<p>10</p> <p>Goldfish® Cheddar Crackers 100% Fruit Juice</p>	<p>11</p> <p>String Cheese 1% Milk</p>
<p>14</p> <p>Cinnamon Elf Grahams 1% Milk</p> 	<p>15</p> <p>Jungle Crackers 1% Milk</p>	<p>16</p> <p>Graham Crackers 1% Milk</p>	<p>17</p> <p>Cheez-Its 100% Fruit Juice</p>	<p>18</p> <p>Animal Crackers 1% Milk</p>
<p>21</p> <p>Belly Bears 1% Milk</p>	<p>22</p> <p>Heartzel Pretzels 100% Fruit Juice</p>	<p>23</p> <p>Goldfish® Color Crackers 100% Fruit Juice</p>	<p>24</p> <p>Bug Bites 1% Milk</p>	<p>25</p> <p>Yogurt 100% Fruit Juice</p>
<p>28</p> <p>Graham Crackers Fresh Apple</p>	<p>29</p> <p>Goldfish® Pretzels 100% Fruit Juice</p>	<p>30</p> <p>Animal Crackers 1% Milk</p>	<p>Did You Know? Our NEW Cinnamon Elf Grahams have only 8 grams of Sugar</p>	<p>What do elves learn in school?</p> <p>The Elf-abet!</p> 

All of our snack products follow the Smart Snack Guidelines, set forth by the USDA. Our products are 200 calories or less, 200mg of sodium or less, 35% of calories for total fat or less and 35% by weight of sugar or less. We still maintain name brand products, just customized for us!



Menu Subject to Change*

{SNK}

All our crackers and chips are whole-grain rich.
Milk contains no artificial growth hormones or antibiotics.
All juice is 100% fruit juice.

Nutrition and allergen information is available at:
www.fspro.com