SEPTEM

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY HIGH SCHOOL OFFERED ADDITIONAL JUICE AND FRUIT





Pizza . Sliced Cucumbers. Garden Salad w/Tomatoes and Baby Carrots, Mandarin Oranges, Cookie, Milk

Chicken Strips, Smiley Fries, Steamed Broccoli, Roll, Fruit Cup, Brownie, Milk

Hamburger/

Cheeseburger w/garnish, Steak Fries, Baby Carrots, Baked Beans, Pineapple, Milk

NO SCHOOL

NO SCHOOL

Meat & Cheese Chalupas, Spanish Rice, Refried Beans, Salsa, Zesty Cucumbers, Rosy Applesauce, Milk

8.

Pizza, Garden Salad w/ Tomatoes and Cucumbers, Baby Carrots, Apple, Cookie, Milk

Hamburger/

Cheeseburger w/ garnish, Tater Tots, Broccoli, Glazed Carrots, Mixed Fruit, Brownie, Milk

NO SCHOOL

Country Fried Steak, Mashed Potatoes, Gravy, Roll, Tiny Tomato Cup, Strawberries & Bananas, Cookie, Milk

14.

French Bread Pizza w/ Marinara Sauce, California Blend Veggies, Garden Salad w/Tomatoes, Fruit Cup, Pudding, Milk 15.

Burritos, Spanish Rice, Corn. Charro Beans, Salsa, Peaches, Milk

16.

Hamburger/

Cheeseburger w/ garnish. Potato Wedges, Vegetable Medley, Pears, Cookie, Milk

17.

NO SCHOOL

18.

Cheeseburger Macaroni, Mixed Vegetables, Roll, Tiny Tomato Cup, Fruit Cup, Milk

21.

Nacho Grande, Salsa, Refried Beans, Cucumber Slices, Mandarin Oranges, Ice Cream Cup, Milk

22.

Pizza, Baby Carrots, Garden Salad w/ Tomatoes and Cucumbers, Apple, Brownie, Milk

23.

Hamburger/

Cheeseburger w/garnish, Steak Fries, Fresh Veggie Cup, Fruity Jello, Milk

24.

NO SCHOOL

25.

Popcorn Chicken Bowl, Savory Green Beans, Roll, Apple, Cookie, Milk

28.

Tex-Mex Stack, Spanish Rice, Charro Beans, Baby Carrots, Salsa, Hot Cinnamon Apples, Sherbet Cup, Milk

Cheesy Breadsticks w/ Marinara Sauce, Tuscan Veggies, Garden Salad w/Tomatoes, Peaches, Cookie,

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MARTIAN MELONS



Mars is the fourth planet from the sun and it gets its name from a mythological figure the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

COLOR BY NUMBERS

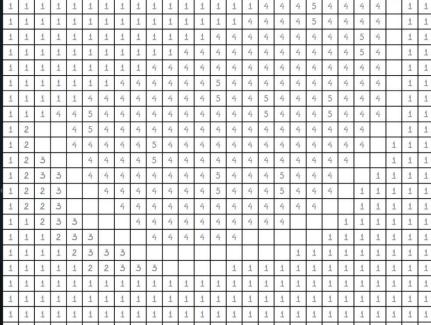


DID YOU KNOW?

Watermelon has a smooth hard rind. usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, vellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water - about 92% - and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen. protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.







This product was funded by USDA. This institution is an equal opportunity provider.





