SEPTEMBER

HIGH SCHOOL LUNCH











BEEF & CHEESE NACHOS
REFRIED BEANS
JALAPENOS
COOKIE



RANCH PARMESAN PASTA CHICKEN	1
GARLIC TOAST	
GARDEN SALAD	
SLICED PEACHES	



CHICKEN SALAD SANDWICH CHIPS
SALAD CUP
FRUIT

NO SCHOOL

7.

PIZZA GOLDEN CORN BREAD STICK MIX FRUIT

8.

CRUNCHY TACOS
CHARRO BEANS
TOSSED SALAD
MANDARIN ORANGES

9.

CORN DOG

MAC & CHEESE

FRUITY JELLO

BBQ SANDWICH

TATOR TOTS

PICKLE SPEARS

FRESH FRUIT

10.

3.

11.

18.

SALISBURY STEAK ROLL

MASHED POTAOES
CHERRIES

14.

CHICKEN PARMESAN /NOODLES GARLIC TOAST GREEN PEAS SLICED PEACHES

15.

TACO SALAD REFRIED BEANS FRUIT COBBLER

16.

23.

30.

BEEF STROGANOFF/STEAMED RICE

STEAMED BROCCOLI ROSY APPLESAUCE

17.

24.

EARLY RELEASE

NO SCHOOL

21.

BAKED ZITI ITALIAN BREAD

CUCUMBER SALAD MIX FRUIT

22.

29.

CHICKEN QUESADILLAS SPANISH RICE

TOSSED SALAD

PEACHES

SHEPHERD'S PIE GREEN PEAS BREAD STICKS BERRIES CHICKEN PATTY SANDWICH FRIES

SALAD CUP

FGRESH FRUIT 25.

BBQ CHICKEN BAKED BEANS POTATOE SALAD BERRYBLEND

28.

SPAGHETTI/MEATSAUCE SPINACH SALAD

BREAD STICK

PEACHES

MEXICAN LASAGNA PINTO BEANS

TOSSED SALAD

CINNAMON APPLES

Special Announcements:

Students prices breakfast \$ 2.25 reduced \$.30 Lunch \$3.25 reduced \$.40









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.

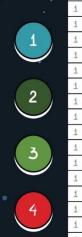
COLOR BY NUMBERS

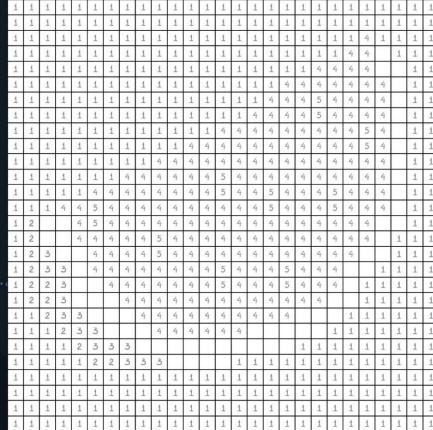


DID YOU KNOW?

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, yellow, 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.









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This institution is an equal opportunity provider.



