

Labor Day Holiday

3

Spaghetti Bow w/ Breadsticks Or French Bread Pizza Garden Salad Vegetable Blend Choc/Van Pudding4

Crispy Tacos

Or Frito Pie

Fresh Veggie Cup

Charro Beans

Apple-Pine Delight

Lettuce & Tomato

Boneless Chick Wings w/ Chips Or Texas Chili Celery Sticks Carrot Stick Orange Smiles 5

Stuffed Shell OR

Chicken Nuggets

Mashed Potato

Garden Salad

Tuscan Vegetables

Roll

12

Refried Beans Sliced Peaches 6 Hambuger / Cheese

Mexican Combo

Or Chicken Quesadilla

Rice

Mexican corn

Hamburger w/Garnish Or Hot Dog Oven Fries **Baby Carrots** Orange Smiles 13

Or Chicken Parmesan Garden Salad Savory Green Beans

Popcorn Chicke

Roll Or

Sloppy Joe Sandwich

Broccoli Bites

Oven Fries

Fresh Seasonal Fruit

Pulled Pork Sliders Chilled Pineapples LUNCH

**MENU** 

**SEAGRAVES** 

**SCHOOLS** 

SPECIAL ANNOUNCEMENTS

EATS AT

to the rescuel

Corn Dogs w/Tater Tots Or Oven Roasted Chicken Broccoli Bites &Roll **Baked Beans** Apple-Pineapple 17

Breaded Drumstick

Texas Toast Or

Pizza Choice

**Baby Carrots** 

Seasoned Corn

Fresh Grapes

Country Fried Steak Or Eagle Meatloaf Mashed Potaoes 0kra Roll Strawberries 24

Nacho Grande Refried Beans Or Taco Soup W/ cornbread **Tomatoe Cups** Cucumber Cups 18 Lima Sharba

Meat & Cheese Chalupas Spanish Rice Or Enchiladas Spanish Rice Refried Beans Rosy Applesauce 25

GET

Chicken Sandwiches Oven Fries Or X-Treme Burrito Corn, veggie Cups Lettuce & Tomato Mandarin Oranges 9

Chicken Tenders Texas Toast & Gravy Or Hamburgers Hamburger Garnish Sweet Potato Fries Mixed Fruit

Asian Bowl & Egg Roll Or Salisbury Steak Brown Gravy, Biscuit, Potatoes Garden Salad Fruity Gelatin 20

Chicken Spaghetti W /Breadsticks Or Pizza Choice Garden Salad Carrots 27 Apple Slices

Pizza Choice Or Ham & Cheese Melt Multigrain Chips **Baby Carrots** Crunchy Broccoli Fruit & Brownie 21

Shrimp Poppers Mac & Cheese Or BBQ On Bun Coleslaw Savory Green Beans Orange Smiles 28 Salad entrées offered daily for Junior High and High School, Monday/Wednesday/Fri day for Elementary.

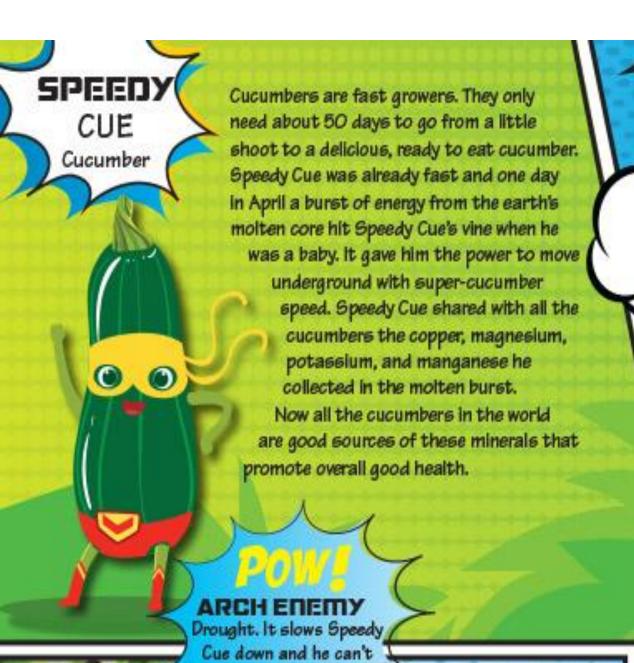
> Offered daily -Variety of fruit, vegetables, and milk

\* indicates items offered





COMMISSIONER SID MILLER



grow as fast.

**CUCUMBER-YOGURT** 

1/2 top. Garlic, raw, minced

SAUCE

Ingredients:

## **FUN FACTS**

- Cucumbers are 95 percent
- . There are 34 calories in a
- Cucumbers belong to the which includes melons, sq

## HELPING OUT AT HOME!

SPEEDY CUE'S

FAUDRITE

ACTIUITIES

Running and

Playing Outside

Ask your parents if you can help them in the kitchen by cleaning up after dinner or helping them cook a meal. You can even volunteer to wash vegetables, dress the salad and set the table.

MAD LIB!

BECOMING PAR

SUPER FOOD 9