### September Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 31st</td>
<td>September 1</td>
<td>2nd</td>
<td>3rd</td>
<td>4th</td>
</tr>
<tr>
<td>Asian Bowl or PB&amp;J Grab &amp; Go</td>
<td>Nachos</td>
<td>Spaghanza with Garlic Toast or Pizza</td>
<td>Country Bowl with Cheese Burger Basket</td>
<td>Chicken Sandwich or Cheese Burger Basket</td>
</tr>
<tr>
<td>Oriental Vegetables</td>
<td>Lettuce &amp; Tomato</td>
<td>Mixed Fruit</td>
<td>Seasoned Corn or Popcorn Chicken</td>
<td>Lettuce, Pickles, and Tomatoes</td>
</tr>
<tr>
<td>Steamed Baby Carrots</td>
<td>Spanish Rice</td>
<td>Green Beans</td>
<td>Bucket with Fries</td>
<td>Choice of Fresh Fruit</td>
</tr>
<tr>
<td>Tropical Pineapple</td>
<td>Refried Beans</td>
<td>Italian Salad</td>
<td>Tossed Salad</td>
<td>Hot Roll</td>
</tr>
<tr>
<td>Rainbow Pears</td>
<td>Homemade Salsa</td>
<td>Fruit Cup</td>
<td>Color-Filled Apple Sauce</td>
<td>Color-Filled Apple Sauce</td>
</tr>
</tbody>
</table>

#### After School Snack!

**Ingredients:**
- 1 cup of cheerios
- 1/2 ounce of pretzels
- 1 tablespoon of a dried fruit
- 1 tablespoon of peanuts
- 1 tablespoon of golden raisins

**Instructions:**
- Put all ingredients in a bowl together
- Mix

---

**Breakfast**

An option of Cereal & Toast or Graham Crackers, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are offered daily.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muffin &amp; Yogurt or French Toast Sticks</td>
<td>Breakfast Taco or Breakfast Sandwich</td>
<td>Biscuits w/ Sausage or Pancake Wrap</td>
<td>Cinnamon Rolls or Donuts</td>
<td>Breakfast Pizza or Banana Bread</td>
</tr>
</tbody>
</table>

---

**Labor Day**

- **7th**
  - **Happy Labor Day**
  - **HAPPY LABOR DAY**

---

**Every lunch includes a choice of a Chef Salad and Grab N' Go.**

---

**Instructions:**
- When instructed, mix all ingredients into a bowl and serve.

---

**Ingredients:**
- Fresh Fruit or Fruit Cup
- Mixed Fruit
- Cereal & Toast or Graham Crackers
- Choice of Juice and Milk

**Mix:**
- 1 cup of cheerios
- 1/2 ounce of pretzels
- 1 tablespoon of a dried fruit
- 1 tablespoon of peanuts
- 1 tablespoon of golden raisins

---

**Enjoy Your Day Off!**

- **18th**
  - **Enjoy Your Day Off!**
  - **Enjoy Your Day Off!**

---

**Instructions:**
- Put all ingredients in a bowl together
- Mix

---

**ENJOY!**