
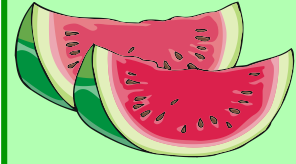


<p>Monday, September 19</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Oven Fried Chicken/Roll Mashed Potatoes</p> <p>Choose 1-2 Corn Fruit Selections <u>OR</u> OJ Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Tuesday, September 20</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Hamburger on Bun Fries</p> <p>Choose 1-2 Trimmings Cowboy Beans Fruit Selections <u>OR</u> OJ Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Wed., September 21</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Combo Slider/ trimmings Baked Chips, Juice Box</p> <p>Choose 1-2 Tossed Salad Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Thursday, September 22</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Pizza Bites Green Beans</p> <p>Choose 1-2 Small Marinara Cup Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Friday, September 23</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Asian Chicken, Fried Rice Steamed Carrots Fortune Cookie</p> <p>Choose 1-2 Veggies/Dip Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>
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I am the letter

watermelon



Every complete meal we serve comes with your choice of lowfat or nonfat milk!

We proudly serve local melons daily from Ken Nelson Farms, Limestone, TN

<p>Monday, September 26</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Popcorn Chicken/Roll Steamed Carrots</p> <p>Choose 1-2 Veggies/Dip Fruit Selections <u>OR</u> OJ Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Tuesday, September 27</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Pizza Green Beans</p> <p>Choose 1-2 Tossed Salad Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Wed., September 28</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Hot Dog/Trimmings Cowboy Beans</p> <p>Choose 1-2 Slaw Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Thursday, September 29</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Brunch for Lunch Egg/Cheese Omelet Biscuit/Jelly Potato Rounds</p> <p>Choose 1-2 Small Salsa Fruit Selections <u>OR</u> OJ Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Friday, September 30</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Turkey/Cheese Slider Doritos Juice</p> <p>Choose 1-2 Trimmings Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>
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Make MyTray Healthy!
All School Meal Customers Must Choose:
1 Juicy Fruit OR 1 Colorful Vegetable
& 2-4 Additional Different Food Group Choices

<p>Monday, October 3</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Popcorn Chicken/Roll OJ</p> <p>Choose 1-2 Veggies/Dip Steamed Broccoli Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Tuesday, October 4</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Beef Dippers/Roll Mashed Potatoes</p> <p>Choose 1-2 Steamed Carrots Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Wednesday, October 5</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch 3 Cheese Chicken Quesadilla Tostitos/Salsa</p> <p>Choose 1-2 Corn and Beans Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Thursday, October 6</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Brunch for Lunch Scrambled Egg Patty Cinnamon Roll Potato Rounds</p> <p>Choose 1-2 Juice Box Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>	<p>Friday, October 7</p> <p>Morning Nutrition Morning Nutrition Bag Fruit, Juice, Milk</p> <p>Lunch Fish Sticks, Fries Hushpuppy, Cookie</p> <p>Choose 1-2 Slaw Fruit Selections Milk</p> <p>AfterSchool Snack Grab and Go</p>
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Break begins after classes Friday, October 7

Classes Resume:
Monday, October 17