

**Monday, August 29**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Oven Fried Chicken/  
Roll  
Mashed Potatoes

**Choose 1-2**  
Steamed Broccoli  
Fruit Selections OR OJ  
Milk

AfterSchool Snack  
**Grab and Go**

**Tuesday, August 30**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Hamburger/Fries

**Choose 1-2**  
Trimmings  
Cowboy Beans  
Fruit Selections OR OJ  
Milk

AfterSchool Snack  
**Grab and Go**

**Wed., August 31**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Toasted 3 Cheese  
Baked Chips, Juice Box

**Choose 1-2**  
Tossed Salad  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

**Thursday, September 1**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Pizza Bites  
Green Beans

**Choose 1-2**  
Small Marinara Cup  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

**Friday, September 2**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Asian Chicken,  
Fried Rice  
Steamed Carrots  
Fortune Cookie

**Choose 1-2**  
Tossed Salad  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**



**Tuesday, September 6**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Pizza  
Green Beans

**Choose 1-2**  
Veggies/Dip  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

**Wed., September 7**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Hot Dog/  
Sweet Potato Fries

**Choose 1-2**  
Cowboy Beans  
Cooked Apples  
Milk

AfterSchool Snack  
**Grab and Go**

**Thursday, September 8**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Brunch for Lunch**  
Egg/Cheese Omelet  
French Toast Sticks/  
Syrup, Potato Rounds

**Choose 1-2**  
Small Salsa  
Fruit Selections OR OJ  
Milk

AfterSchool Snack  
**Grab and Go**

**Friday, September 9**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Turkey/Cheese Slider  
Doritos  
Juice

**Choose 1-2**  
Trimmings  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

**Monday, September 12**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Popcorn Chicken/Roll  
Steamed Broccoli

**Choose 1-2**  
Veggies/Dip  
Fruit Selections OR OJ  
Milk

AfterSchool Snack  
**Grab and Go**

**Tuesday, September 13**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Beef Dippers/Roll  
Mashed Potatoes

**Choose 1-2**  
Steamed Carrots  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

**Wed., September 14**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
3 Cheese Chicken  
Quesadilla/Salsa  
Chips/Cheese Sauce

**Choose 1-2**  
Corn and Beans  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

**Thursday, September 15**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Brunch for Lunch**  
Scrambled Egg  
Cinnamon Roll  
Potato Rounds

**Choose 1-2**  
Juice Box  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

**Friday, September 16**

**Morning Nutrition**  
Morning Nutrition Bag  
Fruit, Juice, Milk

**Lunch**  
Fish Sticks  
Hushpuppy, Fries,  
Cookie

**Choose 1-2**  
Green Beans  
Fruit Selections  
Milk

AfterSchool Snack  
**Grab and Go**

# BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program is headed this year: back to pre-pandemic days. So we'll again be asking families that may qualify for free meals to please apply (you'll be able to do that on our website, and in other ways), while other students will resume paying for meals.

We were THRILLED so many of our families started eating with us during the pandemic, and we want you to come back for more! We have always emphasized quality, service, convenience, and healthfulness, and that won't change one bit moving forward.

But first, we encourage you to apply for free meals if you think your family might qualify, and please don't hesitate to contact us with questions by email at [YOURNAME@ourschooldistrict.com](mailto:YOURNAME@ourschooldistrict.com) or by calling XXX-XXX-XXXX.



## Make MyTray Healthy!

All School Meal Customers Must Choose:

**1 Juicy Fruit OR  
1 Colorful Vegetable**

**& 2-4 Additional Different Food Group Choices**