

September Menu

Centerville

A Grab & Go Lunch and Chef Salad are also offered every day. Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday
 September 5th Tacos or Crisпитos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	September 6th Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	September 7th Cheese Burger Basket Lettuce & Pickles Sliced Tomatoes Fresh Fruit Fresh Baked Cookie	September 11th Chicken Alfredo with Garlic Bread or Choice of Pizza Glazed Carrots Seasoned Vegetables Fruit Dessert
September 12th Frito Pie or Crisпитos Spanish Rice Pinto Beans Shredded Lettuce Chopped Tomatoes Homemade Salsa Fruit Cup	September 13th Asian Bowl with Fried Rice or Popcorn Chicken Mashed Potatoes Seasoned Vegetables Fruit Salad	September 14th Chicken Sandwich or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit Fresh Baked Cookie	September 18th Spaghetti with Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Strawberries & Cream
September 19th Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	September 20th Country Bowl or Country Bucket Hot Roll Glazed Carrots Fruit Cup	September 21st Big Grilled Sandwich or Corn Dog Mac & Cheese Baked Beans Tumbleweed Bites Fresh Fruit Fresh Baked Cookie	September 25th Chicken Spaghetti with Breadsticks or Choice of Pizza Choice of Seasoned Vegetables Fruit Cup
September 26th Tacos or Crisпитos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Oranges Smiles	September 27th Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	September 28th Chicken Sandwich or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit Fresh Baked Cookie	

Prepare for Success!

Do you want to do great in school this year? Below are some tips to help you do your best!

- Exercise! Scientists have found that exercise can help jumpstart your brain so you can get better grades
- Eat breakfast! It helps you concentrate and improve in the classroom!
- Get lots of sleep! You need to be rested so you can learn and play.

A choice of Choice of Fruit and Milk are also offered everyday.

Breakfast

	Monday	Tuesday	Wednesday	Thursday
Week 1	Waffles	Breakfast Pizza	Bacon & Eggs with Toast	Pig in a Blanket
Week 2	Pancake Wrap	Ham & Cheese Croissant	Eggs and Sausage with Toast	Muffins with Yogurt

This institution is an equal opportunity provider.