

# Grades K-5

# September 2012

Monday

Tuesday

Wednesday

Thursday

Friday

## Did you know?

The oldest public school in the US was founded in 1635, and 5 of the 56 signers of the Declaration of Independence graduated from this school: Benjamin Franklin, John Hancock, Robert Treat Paine, Samuel Adams and William Hopper. It is Boston's Latin School.

### Labor Day

No School

**3**  
**BBQ Chicken Bites\***  
**Chicken Bites\***  
**Veggie Wrap (V)**  
**\*Mashed Potatoes**  
 Cucumber & Tomato Salad  
 Corn  
 Apple Slices  
 Pears

**4**  
**Beef or Chicken Stir-Fry**  
**Chicken Egg Roll & Rice**  
**Mozzarella Sticks (V)**  
 Carrot Sticks  
 Snap Peas  
 Grapes  
 Mandarin Oranges

**5**  
**Chicken or Black Bean(V) Quesadillas**  
**Meat Nachos**  
**Mexican Chicken Salad**  
 Fresh Veggie Bowl  
 Broccoli  
 Banana  
 Applesauce  
 Fruit Swirl Cup

**6**  
**Chicken Parmesan**  
**Turkey & Cheese Sub**  
**Veggie Burger (V)**  
 Peas  
 Green Beans  
 Fresh Fruit  
 Peaches

**7**  
**BBQ Pork Ribs\***  
**Baked Chicken\***  
**Bean & Rice Burrito (V)**  
 Baked Beans  
 Garden Salad  
 Orange Wedges  
 Pineapple  
 Whole Grain Dinner Roll\*

**10**  
**Broccoli Cheese Minis (V)**  
**Corn Dog**  
**Lasagna**  
 Snap Peas  
 Cucumber & Carrot Sticks  
 Apple Slices  
 Pears  
 Chocolate Chip Cookie

**11**  
**Cheese Omelet or Sausage Patty\***  
**French Toast Sticks\***  
**Veggie Wrap (V)**  
 Deli Roasters  
 Broccoli  
 Grapes  
 Mandarin Oranges

**12**  
**Hot Dog**  
**Baked Mozzarella Sticks (V)**  
**Fajita Chicken Salad**  
 Steamed Carrots  
 Green Beans  
 Banana  
 Applesauce

**13**  
**Buffalo Chicken Bites\***  
**Chicken Bites\***  
**Chik'N Nuggets (V)**  
**Ham Salad**  
**Mashed Potatoes\*/Dinner Roll**  
 Fresh Veggie Bowl  
 Broccoli, Cauliflower & Carrots  
 Fresh Fruit  
 Fruit Cocktail

**14**  
**Meatball Sub**  
**Chicken & Veggie Alfredo**  
**Vegetable Alfredo (V)**  
 Peas  
 Carrot Sticks  
 Orange Wedges  
 Pineapple

**17**  
**Southwest Taco Bowl**  
**Beef or Black Bean (V) Tacos**  
**Mexican Chicken Salad**  
 Steamed Zucchini & Squash  
 Green Beans  
 Apple Slices  
 Peaches

**18**  
**Chicken Fry**  
**Philly Cheese Steak Sub**  
**Pierogy Salad (V)**  
 Garden Salad  
 Sweet Potato Crinkles  
 Grapes  
 Mandarin Oranges  
 Banana Bread

**19**  
**Hamburger**  
**Grilled Cheese (V) & Ham**  
**Craisin Turkey Apple Salad**  
 Baked Beans  
 Steamed Carrots  
 Banana  
 Applesauce  
 Oatmeal Raisin Cookie

**20**  
**Cheese Pizza (V)**  
**Pepperoni Pizza**  
**Chicken & Mini Dumplings**  
 Broccoli  
 Tomato & Cucumber Salad  
 Fresh Fruit  
 Peaches

**21**  
**Chicken Tenders\***  
**Veggie Burger (V)**  
**Turkey Wrap**  
 Snap Peas  
 Garden Salad  
 Pineapple  
 Orange Wedges  
 Whole Grain Dinner Roll\*

**24**  
**Macaroni & Cheese (V)**  
**Chicken Patty Sandwich**  
**Ham & Cheese Sub**  
 Green Beans  
 Sweet Potato Crinkles  
 Apple Slices  
 Peaches

**25**  
**Chicken Fiesta Wrap**  
**Beef & Broccoli Bowl**  
**Black Bean Fiesta Wrap (V)**  
 Tomato & Cucumber Salad  
 Broccoli, Cauliflower & Carrots  
 Grapes  
 Mandarin Oranges

**26**  
**Pasta Pockets (V) & Meatballs (optional)**  
**Baked Chicken & Roll**  
**Ham Wrap**  
 Fresh Veggie Bowl  
 Corn  
 Banana  
 Applesauce

**27**  
**Fish Sticks\***  
**Lasagna\***  
**Grilled Chicken Wrap**  
**Garlic Toast\***  
 Peas  
 Carrot Sticks  
 Fresh Fruit  
 Fruit Cocktail



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