



Student Tray \$2.60  
 Adult Tray \$3.25  
 Extra Entrée \$2.25

# SEPTEMBER 2017

## BR MS/HS

Breakfast is served Daily.  
 If you qualify for free or reduced lunch then you also can get breakfast free or .30 if reduced.

### Monday

HS Only:  
 MWF: French Fries  
 T&Th: Dessert

### Tuesday

Served Daily:  
 Milk, Juices and a Variety of  
 Fresh Fruits and Vegetable

### Wednesday

### Thursday

### Friday

1  
 Chicken Alfredo with a Twist  
 And a Breadstick  
 Fish Sandwich  
 All-American Sub  
 Meat Lovers Pizza  
 Green Beans

4  
 No School  
 Labor Day

5  
 Chicken Nachos and Rice  
 Chicken patty Sandwich  
 Corndog  
 Sausage and Cheese Flatbread  
 Green Beans

6  
 Potato Bar  
 Chicken Nuggets and a Roll  
 Ham Chef Salad and a Breadstick  
 Pepperoni Pizza  
 Baked Beans

7  
 Italian Pasta Bake & Breadstick  
 Cheeseburger  
 Chicken Patty Sandwich  
 Spicy Pepperoni Stromboli  
 Broccoli

8  
 Fish Sandwich  
 Italian Grilled Chicken Sandwich  
 Chunk Chicken Romaine Salad  
 and a Breadstick  
 Three Cheese Pizza  
 Peas and Carrots

11  
 Pulled Pork w/a Roll  
 Turkey Cheese Sub  
 Corndog  
 Sausage Pizza  
 Baked Beans

12  
 French Toast Sticks and  
 Sausage Links  
 Chicken Patty Sandwich  
 BBQ Chicken Flatbread  
 Tater Tots

13  
 Deli Bar  
 Chicken Leg and a Roll  
 Chicken Fajita Salad and  
 Tortilla Triangles  
 Pepperoni Pizza  
 Green Beans

14  
 Beef Nachos and Rice  
 Cheeseburger  
 Chicken Patty Sandwich  
 Calzone  
 Carrots

15  
 Cheesy Baked Penne  
 Fish Sandwich  
 Grilled Chicken Sandwich  
 Ham & Cheese Wrap  
 Cheeseburger Pizza  
 Broccoli

18  
 Cheesy Tuna Noodles  
 and a Breadstick  
 Ham & Cheese Sub  
 Cheeseburger  
 Sausage & Pepperoni Pizza  
 Green Beans

19  
 Salisbury Steak w/ Gravy  
 And Noodles  
 Spicy Chicken Patty Sandwich  
 CBR Flatbread  
 Broccoli

20  
 Asian Bar  
 Popcorn Chicken and a Roll  
 Egg Chef Salad and a Breadstick  
 Pepperoni Pizza  
 Carrots

21  
 Chili Soup and Crackers  
 Cheeseburger  
 Spicy Chicken Patty Sandwich  
 Spicy Pepperoni Stromboli  
 Corn

22  
 Fish Sandwich  
 Italian Grilled Chicken Sandwich  
 Turkey & Ham Sub  
 BBQ Chicken Pizza  
 Peas & Carrots

25  
 BBQ Rib Sandwich  
 Turkey & Ham Wrap  
 Corndog  
 Sausage Pizza  
 French Fries

26  
 Fish Sticks and  
 Macaroni & Cheese  
 Corndog  
 Chicken Patty Sandwich  
 Buffalo Chicken Flatbread  
 Green Beans

27  
 Mexican Bar  
 Chicken Strips and a Biscuit  
 Turkey Chef Salad and a Breadstick  
 Pepperoni Pizza  
 Carrots

28  
 Beef Tacos, hard or soft  
 Cheeseburger  
 Chicken Patty Sandwich  
 Calzone  
 Refried Beans

29  
 Fish Sandwich  
 Grilled Chicken Sandwich  
 Chicken Parmesan  
 All American Sub  
 Meat Lovers Pizza  
 Roasted Broccoli

This institution is an equal opportunity provider

#### FUN FACT:

RESEARCH SHOWS THAT BEING CONTINUOUSLY SLEEP-DEPRIVED MAKES YOU DUMB, IRRITABLE, DISTRACTED, UNHAPPY AND OVERWEIGHT.

You may add to lunch accounts online through Harmony or by sending money to the school.

