



# September 2019

## In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

2



4

**NY Thursday!**

5

Chicken Patty or  
Chicken Parmesan  
On Roll  
Pasta Primavera, made  
with NY Harvested veggies,  
NY Apples. NY Milk

6

Assorted Classic Pizza  
Romaine & Spinach  
Salad

Alabama  
Smokehouse Burger  
(Cheeseburger w/bacon,  
lettuce and BBQ Sauce)  
Oven Baked Fries  
Roasted Broccoli

16

Grilled Cheese  
Or Grilled Ham  
& Cheese  
Campbell's Tomato  
Soup

Nachos  
W/ Meat & Cheese  
Refried Beans  
Seasoned Carrots

17

Tacos on Hard  
Or Soft Shell  
Fluffy Rice  
Refried Beans  
Cherry Tomato & Corn  
Salad

18

Ultimate Chicken Bowl  
Popcorn Chicken  
Mashed Potatoes  
Gravy, Cheese, & Corn  
WG Dinner Roll

Macaroni & Cheese  
On WG Roll  
Seasoned Carrots

12

Spaghetti  
W/ Meat Sauce  
Garlic Bread  
Roasted Broccoli

19

BBQ Chicken  
Panini  
Pasta Salad  
Green Beans

13

Pepperoni Roll  
Or Cheese Roll  
W/Dipping Sauce  
Romaine & Spinach  
Salad w/chickpeas

20

Assorted Classic Pizza  
Romaine & Spinach  
Salad

23

Chicken Spiedies  
Baked Beans  
Seasoned Carrots

24

Sloppy Joe  
On WG Roll  
French Fries  
Green Beans

25

Italian Sub Melt  
On Roll  
Seasoned Potato  
Wedges

26

Turkey & Gravy  
Over Mashed  
Potatoes  
Herbed Broccoli &  
Cauliflower Polonaise

27

French Bread  
Pizza  
Romaine & Spinach  
Salad

30

Rodeo Burger  
(Cheeseburger  
w/Onion Rings &  
BBQ Sauce  
Sweet Potato Fries

**Weekly Sandwich  
Choices:**  
Monday: Ham  
Tuesday: Egg Salad  
Wednesday: Tuna

Thursday: NY  
Turkey  
Friday: Assorted  
Choices

## Announcements

**Available Daily:**  
Canned Fruit, Fresh Fruit, Fresh  
Veggie, Hot Veggie of the Day  
May Choose up to two (2)

**Milk Choices:**  
1% White, Skim White  
Skim Chocolate, & Skim  
Strawberry (when available)

**Daily Choices:**  
Sandwich of the Day  
PB&J  
NY Yogurt Plate

"USDA is an equal opportunity  
provider and employer"

## Meal Prices

**Breakfast and Lunch will  
be served at NO COST  
to students for the  
19/20school year!**

**Menu subject to change  
without notice.**