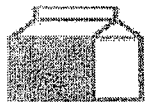


K-8 September

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 BBQ Beef Sandwich	4 Cheese Pizza	5 Beef Cheeseburger	6 Chicken Tamale w/ Rice
9 Red Beans & Rice	10 Chicken Bites	11 Breakfast for Lunch	12 Beef Cheeseburger	13 Crispy Chicken Sandwich
16 Red Beans & Rice	17 Chicken Bites w/Baked Mac n Cheese	18 Pepperoni Pizza	19 Chicken Melt Sandwich	20 Meatless BBQ Beef Calzoni
23 Chicken Tamale w/Rice	24 Creamy Pasta Alfredo	25 Cheese Pizza	26 Beef Cheeseburger	27 Shredded BBQ Chicken /Beans
30 Red Beans & Rice				

Carrots aren't always orange! They can come in many colors, such as purple, yellow or even white. In fact, different colors indicate a variety of nutrients that your body needs to thrive. Carrots are an excellent source of beta-carotene, which our bodies turn into Vitamin A.



DAIRY-FREE (DF) and VEGETARIAN (V) options available daily – if not listed on the menu, available upon request.
VEGETABLE OF THE DAY: Carrots

LUNCH: choice of 1% or fat-free milk; fresh fruit available daily.