

September 2018

K-5th

SERVED DAILY
 SEASONAL- FRESH FRUIT
 1% WHITE OR FAT FREE FLAVORED MILK
 ROMAINE GARDEN SALAD
 BUTTERMILK RANCH DRESSING

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 3 GOLDEN CRISPY CHICKEN TENDERS Mashed Potatoes Peas & Carrots Chilled Apricots WG Rolls/Cream Gravy | 4 ITALIAN MEATBALL SUB French Fries Italian Green Beans Romaine Garden Salad | 5 RESTAURANT STYLE PIZZA (Cheese/Pepperoni/Bufalo) Cheesy Bread Cornish Cob Watermelon/Chilled Mixed Fruit | 6 BEEFY QUESADILLA Spanish Rice / Charro Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa | 7 CHEESEBUGER Sweet Potato Fries Burger Salad Chilled Tropical Fruit Ketchup/Mayo/Mustard |
| 10 BBQ MEATBALLS Steamed Rice California Blend Vegetables Romaine Garden Salad Chilled Peaches WG Rolls | 11 ASIAN GINGER CHICKEN w/ Rice (Steamed Brown) Stir-fry Cabbage Romaine Garden Salad 100% Fruit Slush Cup WG Rolls | 12 RESTAURANT STYLE PIZZA (Cheese/Pepperoni/Supreme) Seasoned Corn Romaine Garden Salad Watermelon/Blushing Pears | 13 HOT TAIL SALES w/Chili Sauce Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa | 14 CLASSIC HAMBURGER Potato Smiles Carrot Sticks/Burger Salad Rosy Applesauce Ketchup/Mustard/Mayo |
| 17 GOLDEN CRISPY CHICKEN RINGS Mashed Potatoes Green Beans Chilled Mixed Fruit WG Rolls/Cream Gravy | 18 ITALIAN SPAGHETTI w/ Meat sauce ROASTED ZUCCHINI Carrot Sticks 100% Fruit Slush Cup Garlic Butter Roll | 19 PERSONAL PAN PIZZA (Pepperoni) Cheesy Bread Romaine Garden Salad Watermelon/Mandarin Orange | 20 BEEFY NACHO Cilantro Rice / Charro Beans Mexican Street Corn Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa | 21 BBQ RODEO CHEESEBURGER Crispy Tator Tots Cucumber Chips Romaine Garden Salad Chilled Pineapple Tidbits Ketchup/Mustard/Mayo |
| 24 TATOR TOT CASSEROLE Glazed Orange Carrots Hopin Green Beans Romaine Garden Salad Chilled Pineapples WG Rolls | 25 SWEET-N-SOUR MEATBALLS Rice (Steamed) Brown Asian Stir-fry Vegetables Romaine Garden Salad 100% Fruit Slush Cup WG Roll | 26 RESTAURANT STYLE PIZZA (Cheese/Pepperoni/Spicy Top) Green Beans Seasoned Corn Romaine Garden Salad Watermelon/Chilled Peaches | 27 MEXICAN LAYERED LASAGNA Rice / Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa | 28 CRISPY CORN DOG BBQ Baked Beans Seasoned Fries Chilled Peach Cup Ketchup/Mustard/Mayo |

ALL SIDE ITEMS ARE AVAILABLE WITH ANY REIMBURSABLE MEAL

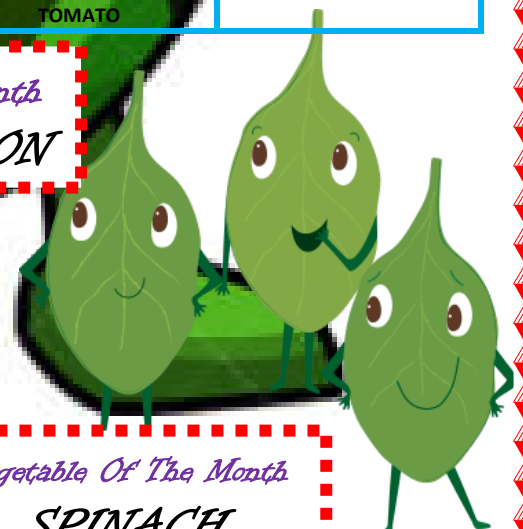
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|------------------|-----------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------|
| FUN LUNCH | BBQ SANDWICH Baked Chips String Cheese | CRISPY CHICKEN SANDWICH Burger Salad French Fries Mayo , Mustard , Ketchup | TURKEY & CHEESE SUB Deli Salad Baked Chips Mayo , Mustard, Ketchup | HOT DOG Baked Chips Mayo , Mustard, Ketchup | SLOPPY JOE Fries or Tots Ketchup |
| SALADS | CREAMY SPINACH DIP w/ CHIPS | SALAD SHAKER RANCH CHICKEN | SALAD SHAKER CHICKEN CAESAR | BEEF TEX-MEX PASTA SALAD Romaine LETTUCE & TOMATO | SALAD SHAKER DICED HAM |

DID YOU KNOW? . . .

All parts of a watermelon can be eaten, even the rind, which actually contains a number of nutrients too, but due to the unappealing flavor is rarely eaten. In China, the rind is used as a vegetable and stir-fried, stewed or pickled.

In March 1937, Crystal City, TX proclaimed itself "World Spinach Capital" and paid tribute to Popeye by erecting a full-color statue of him.

Fruit Of The Month
WATERMELON



Vegetable Of The Month
SPINACH