

	Monday	Tuesday	Wednesday	Thursday
Breakfast	5	6	7	8
LUNCH	LABOR DAY NO SCHOOL STAFF HOLIDAY		Fruit, yogurt, granola, oatmeal, bagels, milk Spaghetti with Meat or Tomato Sauce Garlic Bread Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Sweet and Sour Chicken Stirfry w/ Rice Sweet and Sour Veggie Stirfry w/ Rice Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water
SPECIAL INFO			FIRST DAY OF SCHOOL	
Breakfast	12	13	14	15
LUNCH	Fruit, yogurt, granola, oatmeal, bagels, milk Chicken Parmesan Pasta Veggie Parmesan Pasta Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Beef or Bean Tacos Salsa, Sour Cream Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Grilled Cheese Grilled Cheese with Tomato Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Chicken or Vegetable Curry Rice Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water
SPECIAL INFO	FIRST QUARTER BEGINS		Ropes Course 11th and 12th grades	Ropes Course 9th and 10th grades
Breakfast	19	20	21	22
LUNCH	Fruit, yogurt, granola, oatmeal, bagels, milk Mac and Cheese (Lots of cheese) Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Meat or Veggie Chili Rice Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Lasagna Garlic Bread Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Chicken Burrito Bean and Vegetable Burrito Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water
SPECIAL INFO				
Breakfast	26	27	28	29
LUNCH	Fruit, yogurt, granola, oatmeal, bagels, milk Baked Ziti Garlic Bread Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Black Beans and Rice Fresh salsa and Tortillas Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Chicken and Biscuits Veggies and Biscuits Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water	Fruit, yogurt, granola, oatmeal, bagels, milk Chick Pea and Potato Curry Raita Seasonal Vegetable Soup of the day Salad Bar Fresh Fruit Milk/Chocolate Milk/Water
SPECIAL INFO				

Friday

9

Fruit, yogurt, granola, oatmeal, bagels, milk

Pizza

Pepperoni, Meat, Cheese, and Veggie

Seasonal Vegetable

Soup of the day

Salad Bar

Fresh Fruit

Milk/Chocolate Milk/Water

16

Fruit, yogurt, granola, oatmeal, bagels, milk

Pizza

Pepperoni, Meat, Cheese, and Veggie

Seasonal Vegetable

Soup of the day

Salad Bar

Fresh Fruit

Milk/Chocolate Milk/Water

23

Fruit, yogurt, granola, oatmeal, bagels, milk

Pizza

Pepperoni, Meat, Cheese, and Veggie

Seasonal Vegetable

Soup of the day

Salad Bar

Fresh Fruit

Milk/Chocolate Milk/Water

30

Fruit, yogurt, granola, oatmeal, bagels, milk

Pizza

Pepperoni, Meat, Cheese, and Veggie

Seasonal Vegetable

Soup of the day

Salad Bar

Fresh Fruit

Milk/Chocolate Milk/Water