

# September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
				<b>1</b>	Menu is subject to change if necessary.  Elementary Breakfast: Free Lunch: \$2.65 Snack Milk: \$50.00 per year (.40 per carton in all grades)  Middle School Breakfast: Free Lunch: \$2.90
				No School	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	High School Breakfast: Free Lunch: \$3.15  Reduced Price Breakfast: Free Lunch: \$0.40  Adults Breakfast: \$2.45 Lunch: \$4.10
No School/ Labor Day	Cheese Dunkers Marinara Sauce Carrot Sticks Cauliflower Fruit Cocktail Frozen Fruit Bar Milk-asst. varieties	Mini Corn Dogs Baked Beans Fresh Romaine Salad Applesauce Milk-asst. varieties	Cheeseburger/WG Bun Baked French Fries Lettuce & Tomato Fresh Apple Milk-asst. varieties	Pizza Fresh Broccoli and Celery Pears Chocolate chip cookie Milk-asst. varieties	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	Please visit our website to submit an application to qualify for free or reduced meals.  2nd choice is offered daily at High School and Middle Schools.
Macaroni & Cheese Dinner Roll/Butter Red Peppers and Fresh Salad Peaches Fruit Snacks Milk-asst. varieties	Chicken Nuggets French Fries Fresh Fruit Fresh Cucumbers and Celery Milk-asst. varieties	Nachos/Meat/Cheese Refried Beans Lettuce, Tomatoes Pears Churros Milk-asst. varieties	Ham/Turkey and Cheese Sub Lettuce, Tomato Applesauce Baked Chips Milk-asst. varieties	Cheese Quesadilla Fruit Cocktail Fresh Broccoli and Carrots Yogurt Milk-asst. varieties	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	This institution is an equal opportunity employer.  <i>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient. * - denotes combined nutrient totals with either missing or incomplete nutrient data.</i>
Hot Dog on WG Bun Baked Beans Applesauce Carrots and Grape Tomatoes Fruit Icee Milk-asst. varieties	Popcorn Chicken Steamed Corn Fruit Cocktail Fresh Cauliflower and Celery Milk-asst. varieties	Cheese Dunkers Marinara Sauce Fresh Carrots and Salad Peaches Milk-asst. varieties	French Toast Sticks Sausage Links Hash Browns Veggie Juice Fresh Fruit Milk-asst. varieties	WG Pizza Pears Fresh Broccoli and Salad Ice cream cup Milk-asst. varieties	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	NOTICE: The data contained within this report and the HPS menu planner and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
Chicken Patty Sandwich Sweet Potato Tots Fresh Carrots and Cauliflower Applesauce Milk-asst. varieties	2 Tacos/ WG Tortillas Lettuce, Tomato, Cheese Refried Beans Pears Rice Krispy Treat Milk-asst. varieties	Macaroni & Cheese Dinner Roll/Butter Cucumbers and Broccoli Peaches Frozen Fruit Bar Milk-asst. varieties	Chicken Drumstick Cornbread Mashed Potatoes Fresh Garden Salad Fruit Cocktail Milk-asst. varieties	Grilled Chz. Sandwich Tomato Soup Carrots and Celery Peaches Goldfish Crackers Milk-asst. varieties	
<b>Breakfast (Elementary &amp; Middle School)</b>					
WG Granola Bar Yogurt 1/2c Fruit 100% Juice Milk-asst. varieties	WG Donut Holes 1/2c Fruit 100% Juice Milk-asst. varieties	WG Muffin String Cheese 1/2c Fruit 100% Juice Milk-asst. varieties	Cereal 1/2c Fruit 100% Juice Milk-asst. varieties	Cook's Choice 1/2c Fruit 100% Juice Milk-asst. varieties	