

# SEPTEMBER 2021

## Crane Jr. & Sr. High

Milk is offered daily with each meal  
 White is 1% and Flavored Fat Free  
**HS- High School Only**

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Patty <b>1</b> Mashed Potatoes & Gravy Fruit Breadstick <b>2<sup>nd</sup> Option:</b> Cook's Choice	Sloppy Joes <b>2</b> Tater Tots Pasta Salad- <b>HS only</b> Fruit <b>2<sup>nd</sup> Option:</b>	Pizza <b>3</b> Corn Fruit Cookie <b>2<sup>nd</sup> Option:</b> Chicken Sandwich
Practice <b>6</b> Good Handwashing!! (And cough into your sleeve)	Spaghetti w/ Meat Sauce <b>7</b> Green Beans Fruit/ Breadstick <b>2<sup>nd</sup> Option:</b> Bosco Cheese Sticks w/ Marinara Sauce	Chicken Patty <b>8</b> Mashed Potatoes & Gravy Fruit Breadstick <b>2<sup>nd</sup> Option:</b> Cook's Choice	Soft Tacos <b>9</b> Ranch Beans Fruit <b>2<sup>nd</sup> Option:</b> Burrito	Pizza <b>10</b> Corn Fruit Cookie <b>2<sup>nd</sup> Option:</b> Chicken Sandwich
All students eat for free Only complete meals are free	Orange Chicken w/Rice <b>14</b> Peas & Carrots Fruit Egg Roll <b>2<sup>nd</sup> Option:</b> Pizza	Chicken Patty <b>15</b> Mashed Potatoes & Gravy Fruit Breadstick <b>2<sup>nd</sup> Option:</b> Cook's Choice	BBQ Tacos <b>16</b> Baked Beans Coleslaw Fruit <b>2<sup>nd</sup> Option:</b> Cheeseburger	Pizza <b>17</b> Corn Fruit Cookie <b>2<sup>nd</sup> Option:</b> Chicken Sandwich
Getting the right amount of sleep contributes to good health and well being	Chicken Alfredo <b>21</b> Broccoli Fruit/ Breadstick <b>2<sup>nd</sup> Option:</b> Bosco Cheese Sticks w/ Marinara Sauce	Chicken Patty <b>22</b> Mashed Potatoes & Gravy Fruit Breadstick <b>2<sup>nd</sup> Option:</b> Cook's Choice	Cheeseburger <b>23</b> French Fries Fruit <b>2<sup>nd</sup> Option:</b> Loaded Baked Potato w/ Breadstick	Pizza <b>24</b> Corn Fruit Cookie <b>2<sup>nd</sup> Option:</b> Chicken Sandwich
3-5 yrs./ 10-13 hours 6-12 yrs./ 9-12 hours 13-18 yrs./ 8-10 hours	Corn Dog <b>28</b> Mixed Vegetables Fruit <b>2<sup>nd</sup> Option:</b> Chicken-Bacon-Ranch Sandwich	Chicken Patty <b>29</b> Mashed Potatoes & Gravy Fruit Breadstick <b>2<sup>nd</sup> Option:</b> Cook's Choice	Frito Pie <b>30</b> Ranch Beans Fruit <b>2<sup>nd</sup> Option:</b> Burrito	



**This institution is an equal opportunity provider**  
 Daily fruits will consist of either fresh, frozen, or canned fruits or a combination of fruits  
**There will be limited or no Garden Bar available at this time**  
**NOTICE: Menu may also change as some foods may not be available**