SEPTEMBER 2023

Ione Community School

LUNCH

School Information: This institution Is an equal opportunity provider.

September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School
4 **Labor Day** No School	5 Mac and Cheese w/Mini Corn Dogs or Ham Sand. w/Chips Salad Bar Milk	6 Cheeseburger or Hot Dog Smiley Fries Salad Bar Milk	7 Grilled Cheese w/Tomato Soup or Bean and Cheese Burrito Salad Bar Milk	8 Pepperoni Pizza or Cheese Pizza Cookie Salad Bar Milk
11 Chicken Strips w/gravy or Turkey Sandwich Potato Wedges Salad Bar Milk	12 Pop Corn Chicken Bowl or PBJ w/cheese/chips Corn Salad Bar Milk	13 Tacos w/ Rice or Or Corn Dog Curly fries Salad Bar Milk	14 Lasagna w/Bread Or Chicken Sandwich Green Beans Cookie Salad Bar Milk	15 No School
18 Chicken Alfredo w/Roll or Chicken Nuggets Fries Salad Bar Milk	19 Hay Stack or Ham Sandwich w/chips Corn Salad Bar Milk	20 Orange Chicken w/rice or Corn Dog Tater Tots Salad Bar Milk	21 Nacho's or Chicken Sandwich Smiley Fries Cookie Salad Bar Milk	22 No School
25 Chicken Fajita or or PB&J w/cheese Tater Tots Salad Bar Milk	26 Turkey Gravy/Mashed Potatoes w/Roll or Ham Sand. w/chips Green Beans Salad Bar Milk	27 Spaghetti w/Bread or Corn Dog Green beans Salad Bar Milk	28 3 Meat Pizza or Cheese Pizza Cookie Salad Bar Milk	29 No School