

SEPTEMBER 2019

Contract Menu

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 2	Taco Salad (p) with Tortilla Chips & toppings Sunset Sip Juice Box Refried Beans Original Craisins Warn Apple Churro 3	Cheeseburger (b) on a Bun w/ pickle slices Celery Sticks w/dip Romaine Lettuce Salad w/dressing Fresh Apple Slices Oreo Cookies 4	Tyson® Popcorn Chicken (c) 5 Dinner Roll Mashed Potatoes w/gravy Broccoli Trees w/dip Applesauce Cup	Eggo® Mini Confetti Pancakes w/syrup Sausage Patty (p) McCain® Emoji Shaped Potatoes Crisp Sugar Snap Peas w/dip Apricot Halves 6
NEW! The Max® Flaky Crust Cheese pizza Steamed Corn Cherry Tomatoes w/dip Diced Peaches Chocolate Chip Cookie 9	Jennie-O® Roast Turkey (t) Dinner Roll Mashed Potatoes w/gravy Wango Mango Juice Box Mandarin Oranges 10	Sunny Fresh® Cheesy Egg Omelet Chocolate chocolate Chip Muffin McCain® Deli Roaster Potatoes Cherry Star Juice Box Banana 11	Tyson® Chicken Nuggets (c) 12 Colored Goldfish® Crackers McCain® Hashbrown Rounds Dragon Fruit Juice Box Tropical Fruit Salad	Jennie-O® Hot Dog (t) on a Bun Pickle Spear Baked Beans Iceberg Blend Salad w/dip Strawberry Cup Crazy color Fruit Rollup 13
2 Bosco Cheese Sticks® W/Red Gold® marinara cup Cooked Peas and Carrots Sunset Sip Juice Box Diced Peaches 16	French Toast Sticks w/syrup 2 Sausage Links (p) Broccoli Trees w/dip Cherry Star Juice Box Fruit Cocktail 17	Celebrate Our Birthday's this Month! Sloppy Joe (b) on a bun BBQ Baked Beans Cauliflower w/dip Whole fresh Apple  Celebration Chocolate Cupcake 18	Brakebush® Chicken Football Shape Nuggets (c) Dinner Roll Baby Carrots w/dip Mashed Potatoes w/gravy Diced Pears 19	NEW! Yang's® Orange Chicken (c) with Rice Cherry Slush Cup Crunchy Celery Sticks w/dip Pineapple Tidbits 20
Land O Lakes® Macaron and Cheese Soft Pretzel Rod Sugar Snap Peas w/dip Wango Mango Juice Box Diced Pear 23	Tyson® Chicken Tenders (c) Banana Mini Loaf Mashed Potatoes w/gravy Broccoli Trees w/dip Mandarin Oranges 24	Foster Farms® Corndog (c) Baked Beans Cherry Tomatoes w/dip Applesauce Cup Mini Chocolate Rice Krispie Treat 25	Tyson® Breaded Chicken (c) Patty on a Bun McCain Waffle Fries Celery Sticks w/dip Banana 26	NEW! Cargill® Egg and Cheese Breakfast Taco Wrap w/salsa Dragon Fruit Punch Box McCain® Sweet Potato Fries Fresh Apple Slices 27
Tyson® Chicken Os (c) Blueberry Muffin Simplot® Tater Tots Fresh Baby Carrots w/dip Strawberry Mango Sidekick Slush 30				

Possible Ingredients:
(p)=pork
(t)=peanut
(t)=turkey
(b)=beef
(c)=chicken



½ pint of milk included with student meal

Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.