



# September 2019

## In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

2  
Labor Day

3  
No School

4  
No School

5  
Breaded Chicken sandwich

6  
Turkey Bacon cheese hoagie

9  
Rotini Pasta with meat sauce

10  
Walking Taco

11  
Breaded chicken drumstick

12  
100% pure beef Hamburger /cheeseburger

13  
Tony's French Bread Pizza

16  
Chicken & Waffles

17  
Sweet & sour chicken & rice

18  
Hard shell Taco

19  
Tyson chicken nuggets

20  
Bosco cheese sticks with dipping sauce

23  
Italian Meatball sub

24  
Turkey Corn Dog

25  
Oven roasted bone in chicken wings

26  
Turkey hot dog

27  
Cheese bites with dipping sauce

30  
BBQ white chicken pizza

## Announcements

### Daily options:

- Salad Bar
- Yogurt Parfait
- Hummus platter
- Grilled cheese
- PB & J

## Meal Prices

Students: \$2.65

Adults: \$4.10