



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

Labor Day **2**

No school **3**

No school **4**

Oven roasted bone in chicken wings **5**

French bread pizza **6**

Hamburger Cheeseburger **9**

Breaded chicken sandwich **10**

Italian meat & cheese Stromboli **11**

Oven roasted bone in chicken wings **12**

French bread pizza **13**

Hamburger Cheeseburger **16**

Breaded chicken sandwich **17**

Italian meat & cheese Stromboli **18**

Oven roasted bone in chicken wings **19**

French bread pizza **20**

Hamburger Cheeseburger **23**

Breaded chicken sandwich **24**

Italian meat & cheese Stromboli **25**

Oven roasted bone in chicken wings **26**

French bread pizza **27**

Hamburger Cheeseburger **30**

Announcements

Daily options:

- Salad bar
- Hummus platter
- Yogurt parfait
- PB & J
- Grilled Cheese

***Grab & Go Breakfast** will be offered at 7:30am in the gymnasium

Meal Prices

Students - \$3.15
Adults - \$4.10