



No Child will Be Discriminated Against Because Of Race, Sex, Color, Age, National Origin or Handicap



Family Health and Fitness Day Sept 24

FOOD FOR THOUGHT:
APPLES
 Apples have lots of fiber which is good for your heart. Most of an apple's fiber is found in its skin.
FRESH PICKS

1
 Chicken Enchiladas
 Spanish Rice
 Pinto Beans
 Fruit
 Milk

2
 Cheese- Burger
 Lettuce
 Fries
 Chocolate Cake
 Milk



5
 Corn- Dog
 Fries
 Fruit
 Milk

6
 Penne Pasta w/
 Meat- Balls
 Salad Mix
 Fruit
 Milk

7
 Chicken Patty
 w/ Mashed Potato
 and Gravy
 Fruit
 Roll
 Milk

8
 9
 Burrito w/ Chili
 Corn
 Fruit
 Milk

12
 Pepperoni Pizza
 Tater Tots
 Fruit
 Milk

13
 Chicken Fajita
 Fruit
 Pinto Beans
 Milk

14
 Meatloaf w/ Gravy
 Mashed Potato
 Fruit
 Roll
 Milk

15
 Corn- Dog
 Fries
 Fruit
 Milk

16
 Ham & Macaroni
 w/ Cheese
 Green Beans
 Fruit
 Milk

19
 Macaroni w/ Cheese
 Green beans
 Fruit
 Milk

20
 Bbq Franks
 Fruit cobbler
 Pinto Beans
 Roll
 Milk

21
 Spaghetti w/
 Meat- Sauce
 Salad Mix
 Fruit
 Milk

22
 Chicken & Rice
 Mixed Vegetables
 Fruit
 Milk

23
 Cheese Burger
 Tater Tots
 Lettuce
 Brownie
 Milk

26
 Pepperoni Pizza
 Fries
 Fruit
 Milk

27
 Beef & Macaroni
 Salad Mix
 Fruit
 Milk

28
 Corndog
 Green Beans
 Fruit
 Milk

29
 Steak fingers w/
 Mashed Potato
 w/ Gravy
 Fruit
 Roll
 Milk

30
 Chicken Salad
 w/ Crackers
 Carrots
 Fruit
 Milk