

<p>Offered Daily: (with the exception of early release day)  PBJ Sandwich...35</p> <p>Carb Counts are listed beside each menu item  Milk Varieties (offered daily for breakfast and lunch):</p> <p>Skim Chocolate...24, 1% Strawberry...31,  1% Plain...12, &amp; Skim Plain...11  Juice Varieties (offered daily for breakfast):</p> <p>*Orange...14, *Apple...15, *Grape...19 &amp; *Orange-Pineapple...14</p>		<p><b>1-Sep BREAKFAST</b>  French Toast..40  Hot Oatmeal..14</p> <p><b>LUNCH</b>  Macaroni &amp; Cheese w/ Ham..20  Green Peas..17  Steamed Cabbage..5</p> <p>Tossed Salad..2 w/ Crackers..18  Mixed Fruit..19</p>	<p><b>2-Sep BREAKFAST</b>  Sausage Biscuit..15</p> <p><b>LUNCH</b>  Chicken Salad..6 w/ Crackers..18  Baked Potato..19  Baked Beans..36</p> <p>Tossed Salad..2 w/ Crackers..18  Applesauce..14</p>	<p><b>3-Sep BREAKFAST</b>  Breakfast Bun..40</p> <p><b>LUNCH</b>  Nacho's w/ Meat &amp; Cheese..15  Sweet Corn..24  Pinto Beans..23</p> <p>Tossed Salad..2 w/ Crackers..18  Mexican Rice..28  Pineapple Tidbits..20</p>
<p><b>6-Sep</b>  <b>LABOR DAY</b>    <b>ALL SCHOOLS CLOSED</b></p>	<p><b>7-Sep BREAKFAST</b>  Kellogg's Poptart..37  Hot Oatmeal..14</p> <p><b>LUNCH</b>  Steak Sandwich..40  Au Gratin Potatoes..20  Lima Beans..23  Tossed Salad..2 w/ Crackers..18  Fresh Orange..11</p>	<p><b>8-Sep BREAKFAST</b>  Pancake Griddle..26</p> <p><b>LUNCH</b>  Chicken Fajita..22  Sweet Corn..23  Steamed Broccoli..6  Tossed Salad..2 w/ Crackers..18  Apple Crisp..44  Mexican Rice..28</p>	<p><b>9-Sep BREAKFAST</b>  Cinnamon Pastry..39</p> <p><b>LUNCH</b>  Corn Dog..31  Green Peas..17  Diced Potatoes..15  Tossed Salad..2 w/ Crackers..18  Pineapple Jello Cup..26</p>	<p><b>10-Sep BREAKFAST</b>  Cheddar Biscuit..26</p> <p><b>LUNCH</b>  Lasagna..19  w/ Breadstix..19  Green Beans..6  Glazed Carrots..15  Tossed Salad..2 w/Crackers..18  Sliced Pears..20</p>

<p><b>13-Sep BREAKFAST</b> Super Donut..37 Hot Grits..17</p> <p><b>LUNCH</b> Salisbury Steak &amp; Gravy..14 w/ Dinner Roll..14 Rice..9 Steamed Cabbage..5</p> <p>Field Peas..29 Tossed Salad..2 w/ Crackers..18 Applesauce..14</p>	<p><b>14-Sep BREAKFAST</b> Chicken Biscuit..22</p> <p><b>LUNCH</b> Beef-A-Roni..29 w/ Breadstix..19 Baked Potato..19 Seasoned Greens..6</p> <p>Tossed Salad..2 w/ Crackers..18 Mixed Fruit..19</p>	<p><b>15-Sep BREAKFAST</b> Blueberry Pancake Stix..25</p> <p><b>LUNCH</b> Chicken Fillet Sandwich..29 Fresh Baby Carrots..6 Fresh Apple..19</p> <p><b>EARLY RELEASE</b></p>	<p><b>16-Sep BREAKFAST</b> Breakfast Bun..40</p> <p><b>LUNCH</b> Chicken Pastry..6 w/ Cornbread..21 Glazed Sweet Potatoes..38 Lima Beans..23</p> <p>Tossed Salad..2 w/ Crackers..18 Sliced Peaches..16</p>	<p><b>17-Sep BREAKFAST</b> Belgian Waffle..28</p> <p><b>LUNCH</b> Toasted Ham &amp; Chesse..22 Sweet Corn..24 Green Peas..17 Tossed Salad..2 w/ Crackers..18</p> <p>Fresh Apple..19</p>
<p><b>20-Sep BREAKFAST</b> Super Cinnamon Roll..40</p> <p><b>LUNCH</b> Ravioli..30 w/ Dinner Roll..14 Black-Eye Peas..22 Green Beans..6 Tossed Salad..2 w/ Crackers..18 Baked Apples..17</p>	<p><b>21-Sep BREAKFAST</b> Blueberry Muffin..32 Hot Grits..17</p> <p><b>LUNCH</b> Beef Dippers..7 w/ Dinner Roll..14 Glazed Sweet Potatoes..38 Lima Beans..23 Tossed Salad..2 w/ Crackers..18 Fresh Orange..11</p>	<p><b>22-Sep BREAKFAST</b> French Toast..40 Hot Oatmeal..14</p> <p><b>LUNCH</b> Macaroni &amp; Cheese w/ Ham..20 Green Peas..17 Steamed Cabbage..5 Tossed Salad..2 w/ Crackers..18 Mixed Fruit..19</p>	<p><b>23-Sep BREAKFAST</b> Breakfast Pizza..17</p> <p><b>LUNCH</b> Chicken Salad..6 w/ Crackers..18 Baked Potato..19 Baked Beans..36 Tossed Salad..2 w/ Crackers..18 Peach Jello Cup..24</p>	<p><b>24-Sep BREAKFAST</b> Cinnamon Pastry..39</p> <p><b>LUNCH</b> Turkey Tips &amp; Gravy..2 w/ Dinner Roll..14 Rice..9 Steamed Broccoli..6 Glazed Carrots..14 Sliced Pears..20</p>
<p><b>27-Sep BREAKFAST</b> Kellogg's Poptart..37 Hot Oatmeal..14</p> <p><b>LUNCH</b> Salisbury Steak &amp; Gravy..14 w/ Dinner Roll..14 Rice..9</p> <p>Steamed Cabbage..5 Field Peas..29 Tossed Salad..2 w/ Crackers..18 Applesauce..14</p>	<p><b>28-Sep BREAKFAST</b> Chicken Biscuit..22</p> <p><b>LUNCH</b> Steak Sandwich..40 Au Gratin Potatoes..20 Lima Beans..23</p> <p>Tossed Salad..2 w/ Crackers..18 Fresh Orange..11</p>	<p><b>29-Sep BREAKFAST</b> Sausage Biscuit..15</p> <p><b>LUNCH</b> Chicken Fajita..22 Pinto Beans..23 Steamed Broccoli..6</p> <p>Tossed Salad..2 w/ Crackers..18 Apple Crisp..44 Mexican Rice..28</p>	<p><b>30-Sep BREAKFAST</b> Breakfast Bun..40</p> <p><b>LUNCH</b> Spaghetti w/ Meat Sauce..25 w/ Breadstix..19 Baked Potato..19</p> <p>Sweet Corn..24 Tossed Salad..2 w/ Crackers..18 Pineapple Tidbits,..20</p>	

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