

**Breakfast**

**\*For the Next Day will be Served at the End of the School Day\***

No Charge for the 2021-2022 School Year

**Breakfast includes:** Main Menu item, Low-Fat White Milk or Low-Fat Chocolate or Low-Fat Strawberry Milk, 100% Fruit Juice Choice and Fruit.

**Main Menu Items May Include:**

Poptart, Cereal or Bagel w/Cream Cheese, WG Cereal Bar, or WG Crustless PB&J

**Beverages:** 100% Fruit Juice, Low-Fat White Milk or Low-Fat Chocolate or Low-Fat Strawberry Milk

**Lunch**

No charge for the 2021-2022 School Year

**Lunch includes:**

Main Menu Item, Fresh Food/Salad Bar & Low-Fat White Milk, Low-Fat Chocolate or Low-Fat Strawberry Milk & 100% Fruit Juice Choice or Fruit

**\*Must TAKE Fruit and/or Veggie in Order to Qualify as a Meal.\***

**Main Menu Items Include:**

Special of the Day, WG Crustless PB&J, or Salad Bar Meal w/WG Roll.

**Condiments Available (Vary by day's menu)**

Ketchup, Mustard, Mayonnaise, Lite Italian Dressing, Lite Ranch Dressing, BBQ Sauce, Honey Mustard, Sweet n Sour Sauce, Hot Sauce, Mild Taco Sauce, Marinara Sauce, and Pepper

**100% Fruit Juice Choices include: Apple, Orange, Grape, or Fruit Punch (may vary daily)**

**Fresh Fruit (may vary daily): Apples, Oranges, Bananas, Pears (whole or cupped)**

WG= Whole Grain  
RF=Reduced Fat  
WW=Whole Wheat

**\*\*MEALS AND SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE\*\***

Mon September 20	Tues September 21	Wed September 22	Thur September 23	Fri September 24
<p><b>Choice of One</b> Domino's Smart Slice Pepperoni Pizza or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Fruit Cup</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> California Blend Veggies</p>	<p><b>Choice of One</b> Beef Soft Tacos w/ Salsa &amp; Sour Cream or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Applesauce Cup</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Refried Beans</p>	<p><b>Choice of One</b> Hamburger or Cheeseburger on WG Bun or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Sliced Apples</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Green Beans</p>	<p><b>Choice of One</b> French Toast Bites w/Turkey Sausage Links or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and Fresh Fruit Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Hash Brown Triangle</p>	<p><b>Choice of One</b> WG Bosco Cheese Sticks w/Sauce or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Sliced Apples</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Broccoli</p>

Mon September 27	Tues September 28	Wed September 29	Thur September 30
<p><b>Choice of One</b> Domino's Smart Slice Pepperoni Pizza or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Sliced Apples</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Green Beans</p>	<p><b>Choice of One</b> Meaty Cheesy Nachos w/ Salsa &amp; Sour Cream or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Applesauce Cup</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Refried Beans</p>	<p><b>Choice of One</b> WG Baked Chicken Nuggets w/WG Dinner Roll or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Applesauce Cup</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Corn</p>	<p><b>Choice of One</b> WG Chicken Corn Dog Mini Dippers or WG Crustless PB&amp;J or <b>Salad Bar Meal</b></p> <p><b>Choice of Two</b> Salad &amp; Fresh Veggie Bar and <b>Fruit Cup</b> Low-Fat Milk 100% Juice Choice</p> <p><b>Hot Vegetable</b> Carrots</p>

**Word of the Month**  
*in·teg·ri·ty*  
noun 1. soundness of and adherence to moral principle and character  
2. uprightness; honesty.

100% Juice



Fruit Juices offered in a variety of flavors

**MOO TO YOU, TOO**



CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS:  
LOW-FAT WHITE  
LOW-FAT CHOCOLATE  
LOW-FAT STRAWBERRY



We're SO GLAD to see you again! It's going to be a **GREAT YEAR!**