September 2017

Vernon Verona Sherrill

Monday	Tuesday	Wednesday	Thursday	Friday
Did you know... The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.				1
4 **Labor Day** **No School**	5 **Superintendent's Day** **No Students**	6 **Superintendent's Day** **No Students**	7 **Hot Dog on a Bun** Sweet Potato Fries Boston Baked Beans Apple/Fruit Cup	8 **Chicken Nuggets /Roll** Rice Corn Fruit Cup
11 **French Toast Sticks** Breakfast Sausage Carrot Sticks/Veggie Juice Assorted Fruit Cup	12 **Grilled Chicken Wrap** Romaine Lettuce/Tomato Green Beans Orange Wedge/Fruit Cup	13 **Pepperoni OR Garlic Pizza** Carrots (steamed) Assorted Fruit Cup	14 **Hamburger on a Bun** Tator Tots Baked Beans Banana/FruitCup	15 **Meatball Sub with Sauce** Peas and Carrots Peach Cup/Fruit Cup
18 **Popcorn Chicken/ Roll** French Fries Dipping Sauce Frozen Juice Icee	19 **Hard Or Soft Tacos/Cheese** Romaine Lettuce/Tomatoes Rice/Salsa Apple Slices/Fruit Cup	20 **Cheese OR Garlic Pizza** Celery/Carrot Cup/Dip Assorted Fruit Cup	21 **Chicken & Biscuits** Peas & Carrots Melon/FruitCup	22 **Fish Fillet on a Roll** Sweet Tots Coleslaw Assorted Fruit Cups
25 **"Sampler Lunch"** **Chicken Tenders/Cheese Sticks** Marinara Sauce/Dip Corn Chilled Fruit Cup	26 **Philly Steak on a Bun Cheese** Peppers and Onions Refried Beans Grapes/Fruit Cup	27 **Taco OR Garlic Pizza** Broccoli (steamed) Assorted Fruit Cup	28 **Turkey or Ham Sub** Lettuce/Tomato/Cheese Rice Apple/Fruit Cup	29 **Toasted Cheese** Tomato Soup Tater Tots Assorted Fruit

Alternate Meal:

K-8
6oz Yogurt with String Cheese and Roll
PB&J Sandwich on Whole Grain Bread
9-12
Cheese or Garlic Pizza
Asst Deli Sandwich on Whole Grain Bread
Asst Salad with Whole Grain Roll
Chicken Patty
Hamburger

SERVED DAILY
Assorted Fruit Cup
Fresh Fruit

CHOICE OF MILK
1% White, Fat Free-White, Fat Free-Chocolate, or Fat Free Strawberry

Harvest of the Month
MELON
Local Foods on Menu
Milk
Apple
Pizza Crust

School News

Sept 4th- Labor Day—No School

Sept 5th & 6th- Superintendent's Day—No Classes

Sept 7th ½ Day K-6 – Lunches Served

Meal Prices	K-8	9-12
Breakfast	$1.00	$1.00
Lunch	$1.70	$1.95