

SEPTEMBER MENU

SECONDARY

PREPARE FOR SUCCESS!

DO YOU WANT TO DO GREAT IN SCHOOL THIS YEAR? BELOW ARE SOME TIPS TO HELP YOU DO YOUR BEST!

- EXERCISE! SCIENTISTS HAVE FOUND THAT EXERCISE CAN HELP JUMPSTART YOUR BRAIN SO YOU CAN GET BETTER GRADES
- EAT BREAKFAST! IT HELPS YOU CONCENTRATE AND IMPROVE IN THE CLASSROOM!
- GET LOTS OF SLEEP! YOU NEED TO BE RESTED SO YOU CAN LEARN TO THE BEST OF YOUR ABILITY!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><i>Enjoy Your Day Off!</i></p>	<p>3</p> <p>Nachos Spanish Rice or Pizza Refried Beans Homemade Salsa Salad Bar with Toppings Tropical Fruit</p>	<p>4</p> <p>Spagazza with Garlic Toast or Pizza or Cheese Burger Seasoned Green Beans Salad Bar with Toppings Fruit Cup</p>	<p>5</p> <p>Baked Chicken or Smothered Steak Hot Roll Roasted Potatoes Steamed Vegetables Salad Bar with Toppings Fruit Cup</p>	<p>6</p> <p>Crispy Chicken Salad or Chicken Smackers with Mashed Potatoes or Pizza Bread Sticks Seasoned Vegetables Salad Bar with Toppings Strawberries & Cream</p>
<p>9</p> <p>Chicken Strip Sandwich or Cheese Burger Basket Salad Bar with Toppings Choice of Fresh Fruit</p>	<p>10</p> <p>Quesadillas or Build your own Burritos or Pizza Spanish Rice Homemade Salsa Pinto Beans Salad Bar with Toppings Fruit Salad</p>	<p>11</p> <p>Meatball Subs with Baked Chips or Pizza or Chicken Sandwich Seasoned Vegetables Salad Bar with Toppings Mixed Fruit</p>	<p>12</p> <p>Chicken and Waffles or Cheese Burger Roasted Corn Salad Bar with Toppings Fruit Cup</p>	<p>13</p> <p>Asian Bowl or Chicken Sandwich or Pizza Oriental Vegetables Salad Bar with Toppings Tropical Pineapple</p>
<p>16</p> <p>Chopped BBQ on Bun or Chicken Sandwich Basket Salad Bar with Toppings Choice of Fresh Fruit</p>	<p>17</p> <p>Taco Tuesday!! Tacos with Spanish Rice or Pizza Refried Beans Homemade Salsa Salad Bar with Toppings Fruit Cup</p>	<p>18</p> <p>Chicken Alfredo with Bread Stick or Pizza or Cheese Burger Seasoned Green Beans Salad Bar with Toppings Peach Cup</p>	<p>19</p> <p>Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Salad Bar with Toppings Banana Sundaes</p>	<p>20</p> <p>Chili Cheese Tots or Chili Dog or Burger with Chips Seasoned Vegetables Salad Bar with Toppings Fruit Cup</p>
<p>23</p> <p>Bacon BBQ Burger or Chicken Sandwich Basket or Pizza Salad Bar w/ Toppings Choice of Fresh Fruit</p>	<p>24</p> <p>Nachos Spanish Rice or Cheese Burger Pinto Beans Homemade Salsa Salad Bar with Toppings Tropical Pineapple</p>	<p>25</p> <p>Spaghetti with Meat Sauce and Garlic Stick or Pizza or Burger Seasoned Green Beans Salad Bar with Toppings Fruit Cup</p>	<p>26</p> <p>Hamburger Steak with Brown Gravy or Popcorn Chicken Hot Roll Mashed Potatoes Grilled Fresh Squash Salad Bar with Toppings Strawberries & Cream</p>	<p>27</p> <p>Chicken Wraps or Chicken Sandwich with Chips or Pizza Seasoned Vegetables Salad Bar with Toppings Fruit Salad</p>

Every lunch includes a choice of milk.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancake with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon and Toast or Ham & Cheese Croissant	Honey Bun w/ Sausage Link or Muffin & Yogurt	Pancake Wrap or Chicken Biscuits	Breakfast Pizza or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday