

# September 2019



Menu is subject to change.



### Lunch Fact

MyPlate recommends:  
Choose vegetables rich  
in color! **Brighten**



your plate with vegetables that are **red**,  
**orange**, or **dark green**. They not only  
taste great but also are good for you.

Reference: USDA. MyPlate.gov. Internet:  
<http://www.myplate.gov/>.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Labor Day!</b>	3 	4 <b>Welcome Back!</b> Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	5 Whole Grain Super Doughnut (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	6 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
9 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	10 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	11 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	12 Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	13 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
16 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	17 Whole Grain Super Doughnut (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	18 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	19 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	20 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
23 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	24 Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	25 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	26 Whole Grain Super Doughnut (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	27 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
30 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	<b>A New School Year!</b>	<b>Salads to Go!</b>	<b>Delicious Smoothies!</b>  <b>Yogurt Parfaits</b>	

**Choose an item from between each of the dotted line sections**

*Must take at least 2 Items*

**We offer fresh, prepared fruits and juice daily**

**Non or Low Fat White or Non-Fat Chocolate Milk**

### Did You Know.....

**All of the grains and breads we use are "whole grain-rich". Meaning they contain at least 51% whole grain meal &/or flour. These requirements also reflect the 2010 Dietary Guidelines for Americans, which recommended making whole grains at least half of all grains consumed.**

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