

# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
1 - LABOR DAY	2	3	4	5 - National Cheese Pizza Day
	WG Mini Corn Dogs  SIDES: Sweet Potato Fries Cucumber Slices Grapes Applesauce  Skim Chocolate or Skim White Milk	Mandarin Orange Chicken & Brown Rice  SIDES: Stir Fry Vegetables Tossed Salad Citrus Fruit Bowl Pineapple Tidbits  Skim Chocolate or Skim White Milk	Mr. Rib Sandwich on WG Bun  SIDES: Crinkle Cut Fries Baby Carrots Blueberries Mixed Fruit Cinnamon Streusel Cake  Skim Chocolate or Skim White Milk	WG Stuffed Crust Cheese Pizza  SIDES: Steamed Green Beans Fresh Broccoli Honeydew Mandarin Oranges  Skim Chocolate or Skim White Milk
8	9	10	11	12
WG Chicken Strips & Buttered Bread  SIDES: Au Gratin Potatoes Celery Sticks Dried Cherries Applesauce  Skim Chocolate or Skim White Milk	Beef Nacho Supreme on WG Tortilla Chips  SIDES: Corn Refried Beans Shredded Lettuce Strawberries/Banana (winter) Sliced Pears  Skim Chocolate or Skim White Milk	Pork Tenderloin Sandwich on WG Bun  SIDES: Cherry Tomatoes Island Vegetables Fresh Orange Wedges Cinnamon Apple Slices  Skim Chocolate or Skim White Milk	Chicken Alfredo, WG Pasta, Garlic Breadstick  SIDES: Steamed Green Beans Tossed Salad Fresh Pear Wedges Mixed Fruit  Skim Chocolate or Skim White Milk	Toasted Cheese WG Sandwich  SIDES: Tomato Soup Fresh Broccoli Watermelon/Craisins (winter) Sliced Pears  Skim Chocolate or Skim White Milk
15	16	17	18	19
WG French Toast Sticks & Sausage Patty  SIDES: Triangle Potato Spinach Salad Fresh Apple Wedges Pineapple Tidbits  Skim Chocolate or Skim White Milk	WG Pizza Crunchers  SIDES: Roasted Squash Assorted Relishes Blueberries Mixed Fruit  Skim Chocolate or Skim White Milk	WG Popcorn Chicken & Tiger Grahams  SIDES: Baked Beans Baby Carrots Kiwi Apricots  Skim Chocolate or Skim White Milk	Chicken and Gravy & WG Dinner Roll  SIDES: Mashed Potatoes California Vegetables Banana Mandarin Oranges  Skim Chocolate or Skim White Milk	Fish Sandwich on WG Bun  SIDES: Steamed Broccoli Tossed Salad Fruit Cup  Skim Chocolate or Skim White Milk
22	23	24 - IOWA LOCAL FOOD DAY	25	26 - HOMECOMING
Hot Dog on WG Bun  SIDES: Country Vegetables Seasoned Curly Fries Dried Cherries Cinnamon Apple Slices  Skim Chocolate or Skim White Milk	WG French Bread Pizza  SIDES: Broccoli Raisin Salad Carrot Coins Fresh Orange Wedges Applesauce  Skim Chocolate or Skim White Milk	BBQ Pulled Pork Sandwich on WG Bun  SIDES: Local Corn Local Cherry Tomatoes Local Apples Mixed Fruit  Skim Chocolate or Skim White Milk	WG Macaroni & Cheese with Ham WG Breadstick  SIDES: Steamed Broccoli Tossed Salad Cantaloupe Sliced Pears Cereal Bar  Skim Chocolate or Skim White Milk	Wahlert Wins! Walking Taco  SIDES: Marching Band Black Beans Goal Post Celery Sticks Linebacker Shredded Lettuce Blue & Gold Fruit Slushie Punt Return Sliced Peaches  Skim Chocolate or Skim White Milk
30	31	October 1	2	3
Chicken Patty Sandwich on WG Bun  SIDES: Emoji Fries Mixed Vegetables Fresh Pear Wedges Applesauce  Skim Chocolate or Skim White Milk	WG Cheese Pizza  SIDES: Pizza Fava Bean Spinach Salad Grapes Pineapple Tidbits  Skim Chocolate or Skim White Milk	Salisbury Steak & WG Dinner Roll  SIDES: Mashed Potatoes with Gravy Sliced Cucumbers Banana Sliced Peaches  Skim Chocolate or Skim White Milk	Breakfast Sandwich on WG Bun  SIDES: Steamed Peas Sweet Potato Fries Fresh Pineapple Mandarin Oranges  Skim Chocolate or Skim White Milk	WG Tony's Cheesesticks & Marinara  SIDES: Steamed Broccoli Tomato Mozzarella Salad Fruit Cup  Skim Chocolate or Skim White Milk
Alternate Meals Offered Daily				
Uncrustable Meal Bundle Yogurt Parfait	Chef Salad Assorted Deli Sandwiches	*WG = Whole Grain Rich Items		*Menu subject to change without notice

\*This institution is an equal opportunity provider.