

Monday	Tuesday	Wednesday	Thursday	Friday
1 - LABOR DAY	2	3	4	5 - National Cheese Pizza Day
	WG Mini Corn Dogs Roast Beef & Gravy w/ WG Dinner Roll SIDES: Sweet Potato Fries Cucumber Slices Mashed Potatoes Strawberry Spinach Salad Grapes Applesauce Skim Chocolate or Skim White Milk	Mandarin Orange Chicken & Brown Rice Sweat & Sour Meatballs & Brown Rice SIDES: Stir Fry Vegetables Tossed Salad Citrus Fruit Bowl Pineapple Tidbits Slice of Bread Skim Chocolate or Skim White Milk	Mr. Rib Sandwich on WG Bun BBQ Chicken Breast on WG Bun SIDES: Crinkle Cut Fries Baby Carrots Italian Romaine Salad Blueberries Mixed Fruit Cinnamon Streusel Cake Skim Chocolate or Skim White Milk	Stuffed Crust Cheese Pizza Cheese Lasagna with WG Breadstick 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 Pretzel with Cheese Sauce SIDES: Au Gratin Potatoes Celery Sticks Spinach & Tomato Salad Dried Cherries Mixed Fruit Skim Chocolate or Skim White Milk	Beef Nacho Supreme with Cheese Cinnamon Roll with Cheese Omelette SIDES: Corn Refried Beans Shredded Lettuce Strawberries/ Banana (Winter) Sliced Peaches Mexican Rice Skim Chocolate or Skim White Milk	Pork Tenderloin Sandwich on WG Bun Chicken Caesar Salad Wrap SIDES: Cherry Tomatoes Island Vegetables Baby Carrots & Cherry Tomatoes Fresh Orange Wedges Cinnamon Apple Slices Skim Chocolate or Skim White Milk	Chicken Alfredo, WG Pasta, Garlic Breadstick Hamburger on WG Bun SIDES: Steamed Green Beans Tossed Salad Fresh Pear Wedges Pineapple Tidbits  Skim Chocolate or Skim White Milk	Toasted Cheese WG Sandwich Spicy Chicken Sandwich on WG Bun SIDES: Tomato Soup Fresh Broccoli Cucumber Salad Watermelon/ Craisins (Winter) Sliced Pears Skim Chocolate or Skim White Milk
15	16	17	18	19
WG French Toast Sticks & Sausage Patty Zesty Orange Chicken Skewers with Golden Rice and Slice of Bread SIDES: Triangle Potato Spinach Salad Cheesy Cauliflower Fresh Apple Wedges Pineapple Tidbits Skim Chocolate or Skim White Milk	WG Pizza Crunchers Baked Potato Bar & Breadstick SIDES: Roasted Squash Assorted Relishes Blueberries Mixed Fruit  Skim Chocolate or Skim White Milk	WG Popcorn Chicken & Tiger Grahams Sausage Egg Bake & Mini Donuts SIDES: Baked Beans Baby Carrots Cherry Tomato and Corn Salad Kiwi Apricots Skim Chocolate or Skim White Milk	Chicken and Gravy & Dinner Roll Philly Steak Sandwich on Flatbread SIDES: Mashed Potatoes California Vegetables Garnished Tossed Salad Banana Mandarin Oranges Skim Chocolate or Skim White Milk	Fish Sandwich on WG Bun WG Cheese Quesadilla SIDES: Steamed Broccoli Tossed Salad Waffle Fries Cherry Tomatoes Fruit Cup Fresh Apple Wedges Skim Chocolate or Skim White Milk
22	23	24 - IOWA LOCAL FOOD DAY	25	26 - HOMECOMING
Hot Dog on WG Bun Pizza by the Slice SIDES: Country Vegetables Seasoned Curly Fries Potato Salad Dried Cherries Cinnamon Apple Slices Skim Chocolate or Skim White Milk	WG French Bread Pizza Long John with Scrambled Eggs & Ham SIDES: Broccoli Raisin Salad Carrot Coins Radishes Fresh Orange Wedges Applesauce  Skim Chocolate or Skim White Milk	BBQ Pulled Pork Sandwich on WG Bun Chicken Cordon Bleu Sandwich on WG Bun SIDES: Local Corn Local Cherry Tomatoes Fresh Cauliflower Local Apples Mixed Fruit  Skim Chocolate or Skim White Milk	WG Macaroni & Cheese Bar & Breadstick Roasted Chicken & Breadstick SIDES: Steamed Broccoli Tossed Salad Tomato, Basil, Mozzarella Salad Cantaloupe Sliced Pears Cereal Bar Skim Chocolate or Skim White Milk	Wahlert Wins! Walking Taco Chicken Fajitas with Peppers & Onions SIDES: Marching Band Black Beans Goal Post Celery Sticks Linebacker Shredded Lettuce Blue & Gold Fruit Slushie Punt Return Sliced Peaches Celebration Cilantro Lime Rice  Skim Chocolate or Skim White Milk
30	31	October 1	2	3
Chicken Patty Sandwich on WG Bun Bratwurst on WG Bun SIDES: Emoji Fries Mixed Vegetables Fresh Pear Wedges Applesauce  Skim Chocolate or Skim White Milk	WG Cheese Pizza 5 Mozzarella Cheese Sticks with Marinara SIDES: Pizza Fava Beans Spinach Salad Assorted Relishes with Red Pepper Grapes Pineapple Tidbits Skim Chocolate or Skim White Milk	Salisbury Steak & 2 Dinner Rolls Breakfast Pizza SIDES: Mashed Potatoes with Gravy Sliced Cucumbers Carrot Fries Banana Sliced Peaches Skim Chocolate or Skim White Milk	Breakfast Sandwich on WG Bun Monte Cristo Sandwich SIDES: Steamed Peas Sweet Potato Fries Triangle Potato Fresh Pineapple Mandarin Oranges Skim Chocolate or Skim White Milk	WG Tony's Cheesesticks & Marinara Fish Sticks & Sunchips SIDES: Steamed Broccoli Tomato Mozzarella Salad Fruit Cup Honeydew Skim Chocolate or Skim White Milk
Alternate Meals Offered Daily				
Uncrustable Meal Bundle	Chef Salad		*WG = Whole Grain Rich Items	*Menu subject to change without notice
Yogurt Parfait	Assorted Deli Sandwiches			

*This institution is an equal opportunity provider.