



Monday 31	Tuesday September 1	Wednesday 2	Thursday 3	Friday 4
Sloppy Joe on WG Bun SIDES: Baked Beans Potato Smiles Fresh Pear Wedges Sliced Peaches Skim Chocolate or Skim White Milk	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: Potato Salad Baby Carrots Blueberries Mixed Fruit Cinnamon Streusel Cake Skim Chocolate or Skim White Milk	Toasted Cheese WG Sandwich SIDES: Tomato Soup Fresh Broccoli Honeydew Mandarin Oranges Skim Chocolate or Skim White Milk
7 - LABOR DAY	8	9 - 25 YEAR CELEBRATION	10	11
	Pork Tenderloin Sandwich on WG Bun SIDES: Cherry Tomatoes Island Vegetables Shredded Lettuce Fresh Orange Wedges Cinnamon Apple Slices Skim Chocolate or Skim White Milk	Walking Taco on WG Doritos SIDES: Black Beans Corn Shredded Lettuce Watermelon Applesauce  Skim Chocolate or Skim White Milk	Chicken and Gravy & WG Dinner Roll SIDES: Mashed Potatoes Tossed Salad Fresh Pear Wedges Pineapple Tidbits Skim Chocolate or Skim White Milk	WG Stuffed Crust Cheese Pizza SIDES: Carrot Coins Fresh Broccoli Strawberries Sliced Pears Skim Chocolate or Skim White Milk
14	15	16	17	18 - HOMECOMING
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	Cheese Quesadilla SIDES: Steamed Peas Baby Carrots Kiwi Apricots Skim Chocolate or Skim White Milk	Chicken Alfredo, WG Pasta, Garlic Breadstick SIDES: Steamed Green Beans Celery Sticks Banana Mandarin Oranges Skim Chocolate or Skim White Milk	MVP Popcorn Chicken & Tiger Grahams SIDES: Marching Band Baked Beans Tailgate Tossed Salad Blue & Gold Fruit Slushie  Skim Chocolate or Skim White Milk
21	22	23 - IOWA LOCAL FOOD DAY	24	25
Hot Dog on WG Bun SIDES: Country Vegetables Seasoned Curly Fries Dried Cherries Applesauce Skim Chocolate or Skim White Milk	Beef Nacho Supreme on WG Tortilla Chips SIDES: Refried Beans Celery Sticks Shredded Lettuce Citrus Fruit Bowl Sliced Peaches  Skim Chocolate or Skim White Milk	BBQ Pulled Pork Sandwich on WG Bun SIDES: Local Corn Local Green Lettuce Local Apples Craisins Cereal Bar  Skim Chocolate or Skim White Milk	WG Macaroni & Cheese with Ham WG Breadstick SIDES: Steamed Broccoli Tossed Salad Cantaloupe Sliced Pears Skim Chocolate or Skim White Milk	WG French Bread Pizza SIDES: Broccoli Raisin Salad Carrot Coins Fresh Orange Wedges Mixed Fruit Skim Chocolate or Skim White Milk
28	29	30	October 1	2 - NO SCHOOL
Chicken Patty Sandwich on WG Bun SIDES: Potato Smiles Spinach Salad Orange Wedges Mixed Fruit Skim Chocolate or Skim White Milk	Breakfast Sandwich on WG Bun SIDES: Steamed Peas Sweet Potato Fries Fresh Pears Mandarin Oranges 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	WG Cheese Pizza SIDES: Pizza Fava Bean Baby Carrots Grapes Pineapple Tidbits  Skim Chocolate or Skim White Milk	
Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Meals Offered at Resurrection and St. Columbkilles:				
Ham & Cheese Sandwich on WG Bread Peanut Butter & Jelly on WG Bread w/ Yogurt or Cheese Stick	Ham & Cheese Sandwich on WG Bread Peanut Butter & Jelly on WG Bread w/ Yogurt or Cheese Stick	Ham & Cheese Slider on WG Dinner Roll WG Uncrustable w/ Yogurt or Cheese Stick	Ham & Cheese Sandwich on WG Bread Peanut Butter & Jelly on WG Bread w/ Yogurt or Cheese Stick	Ham & Cheese Sandwich on WG Bread Peanut Butter & Jelly on WG Bread w/ Yogurt or Cheese Stick
Alternate Meals Offered at Our Lady:				
Ham & Cheese Sandwich on WG Bread Cheese Sandwich on WG Bread	Ham & Cheese Sandwich on WG Bread Cheese Sandwich on WG Bread	Ham & Cheese Slider on WG Dinner Roll Cheese Slider on WG Dinner Roll	Ham & Cheese Sandwich on WG Bread Cheese Sandwich on WG Bread	Ham & Cheese Sandwich on WG Bread Cheese Sandwich on WG Bread

*This institution is an equal opportunity provider.

*Menu subject to change without notice

*WG = Whole Grain Rich Items