



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