



Monday 31	Tuesday September 1	Wednesday 2	Thursday 3	Friday 4
Sloppy Joe on WG Bun Waffles & Cheese Omelette SIDES: Baked Beans Potato Smiles Assorted Relishes with Red Pepper Fresh Pear Wedges Sliced Peaches Skim Chocolate or Skim White Milk	WG Mini Corn Dogs Roast Beef & Gravy w/ WG Dinner Roll SIDES: Sweet Potato Fries Cucumber Slices Mashed Potatoes Grapes Applesauce  Skim Chocolate or Skim White Milk	Mandarin Orange Chicken & Brown Rice Swedish 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 WG Pizza by the Slice SIDES: Potato Salad Baby Carrots Italian Romaine Salad Blueberries Mixed Fruit Cinnamon Streusel Cake Skim Chocolate or Skim White Milk	Toasted Cheese WG Sandwich Chicken Parmesan Sandwich on WG Bun SIDES: Tomato Soup Fresh Broccoli Honeydew Mandarin Oranges Skim Chocolate or Skim White Milk
7 - LABOR DAY	8	9 - 25 YEAR CELEBRATION	10	11
 Skim Chocolate or Skim White Milk	Pork Tenderloin Sandwich on WG Bun Hamburger on WG Bun SIDES: Cherry Tomatoes Island Vegetables Broccoli Raisin Salad Fresh Orange Wedges Cinnamon Apple Slices Skim Chocolate or Skim White Milk	Walking Taco on WG Doritos Chicken Fajitas with Peppers & Onions SIDES: Corn Black Beans Shredded Lettuce Watermelon Applesauce Cilantro Lime Rice  Skim Chocolate or Skim White Milk	Chicken and Gravy & WG Dinner Roll Cinnamon Roll with Cheese Omelette SIDES: Mashed Potatoes Tossed Salad Fresh Pear Wedges Pineapple Tidbits Skim Chocolate or Skim White Milk	Stuffed Crust Cheese Pizza Cheese Lasagna with WG Breadstick SIDES: Carrot Coins Fresh Broccoli Cucumber Salad Strawberries Sliced Pears Skim Chocolate or Skim White Milk
14	15	16	17	18 - HOMECOMING
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 w/ Sliced Ham & Breadstick SIDES: Roasted Squash Assorted Relishes Blueberries Mixed Fruit Skim Chocolate or Skim White Milk	WG Cheese Quesadilla Fish Sandwich on WG Bun SIDES: Steamed Peas Baby Carrots Cherry Tomato and Corn Salad Kiwi Apricots Skim Chocolate or Skim White Milk	Chicken Alfredo, WG Pasta, Garlic Breadstick Philly Steak Sandwich on Flatbread SIDES: Steamed Green Beans Celery Sticks Banana Mandarin Oranges Skim Chocolate or Skim White Milk	MVP Popcorn Chicken & Tiger Grahams Pep Rally Pizza Burger on WG Bun SIDES: Marching Band Baked Beans Tailgate Tossed Salad Friday Night Waffle Fries Touchdown Cherry Tomatoes Blue & Gold Fruit Slushie Fresh Orange Wedges  Skim Chocolate or Skim White Milk
21	22	23 - IOWA LOCAL FOOD DAY	24	25
Hot Dog on WG Bun Bacon Cheeseburger on WG Bun SIDES: Country Vegetables Seasoned Curly Fries Dried Cherries Applesauce Skim Chocolate or Skim White Milk	Beef Nacho Supreme with Cheese Spicy Chicken Sandwich on WG Bun  Skim Chocolate or Skim White Milk	BBQ Pulled Pork Sandwich on WG Bun Breakfast Pizza SIDES: Local Corn Local Green Lettuce Local Cherry Tomatoes Local Apples Craisins Cereal Bar  Skim Chocolate or Skim White Milk	WG Macaroni & Cheese Bar & Breadstick Roasted Chicken & Breadstick SIDES: Steamed Broccoli Fresh Cauliflower Tomato, Basil, Mozzarella Salad Cantaloupe Sliced Pears Skim Chocolate or Skim White Milk	WG French Bread Pizza Long John with Cheesy Scrambled Eggs SIDES: Broccoli Raisin Salad Carrot Coins Radishes 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 Bratwurst on WG Bun SIDES: Potato Smiles Mixed Vegetables Fresh Orange Wedges Applesauce Skim Chocolate or Skim White Milk	Breakfast Sandwich on WG Bun Monte Cristo Sandwich on WG French Toast SIDES: Steamed Peas Sweet Potato Fries Triangle Potato Fresh Pear Wedges Mandarin Oranges  Skim Chocolate or Skim White Milk	Salisbury Steak & WG Dinner Roll 5 Mozzarella Cheese Sticks with Marinara SIDES: Mashed Potatoes with Gravy Sliced Cucumbers Carrot Fries Banana Sliced Peaches Skim Chocolate or Skim White Milk	WG Cheese Pizza Chicken Teriyaki and Brown Rice SIDES: Pizza Fava Beans Spinach Salad Assorted Relishes with Red Pepper Grapes Pineapple Tidbits 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.