

**MEAL PRICES**

**Breakfast:**

*Student Paid - \$1.40*

*Student Reduced - \$ .30*

*Adult Paid - \$2.10*

*Milk - \$.35*

**Lunch:**

*PreK-5 Student Paid - \$2.30*

*6-8 Student Paid - \$2.40*

*9-12 Student Paid - \$2.50*

*Student Reduced - \$.40*

*Adult - \$3.45*

# SEPTEMBER 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1		2 Biscuit 22g Sausage Patty 1g Peaches 12g/Juice  Cheeseburger on Bun 17g Baked Beans 58g French Fries 17g/34g Fruit Cocktail 14g	3 Breakfast Pizza 26g Fruit Cocktail 14g/ Juice  Lasagna 19g Tossed salad 3g Corn 8g/16g Garlic Bread 18g Pears 14g	4 Banana Muffin 54g Pears 14g Juice  Chicken Fried Rice 30g Apple Salad 16g Green Beans 6g Baby Carrots 3/6	5 Biscuit 22g Sausage Gravy 10g Mandarin Oranges 17g/Juice  Taco Salad 22g/40g Refried Beans 23g Mixed Vegetables 6/12g Grapes 15g	
	8 Cereal Sausage Patty 1g Grapes 15g/Juice  Burritos 47 g Spanish Rice 14g Tossed Salad 3g Green Beans 3g/6g Pineapple 20g	9 Pancakes 26g Pineapple 20g Juice  Chicken Fried Steak 18g Mashed Potatoes 16g Gravy 4g Carrots 3g/6g Roll 23g Rosy Applesauce 22g	10 Breakfast Pizza 26g Rosy Applesauce 22g Juice  Pizza Casserole 31g Tossed Salad 3g Mixed Vegetables 6g/12g Peaches 12g	11 Applesauce Oatmeal Muffin Peaches 12g 39g Juice  Chicken Parmesan on Bun 30g Green Beans 2g/4g Broccoli 5g Mandarin Oranges 17g	12 Biscuit 22g Sausage Gravy 10g Mandarin Oranges 17g/Juice  Corn Dog 33g Baked Beans 58g Peas 5g/10g Apple 14g	
15 NO SCHOOL		16 Biscuit 26g Sausage Patty 1g Peaches 12g/ Juice  Homemade Pizza 30g Tossed Salad 3g Baby Carrots 3g Peaches 12g	17 Breakfast Pizza 26g Peaches 12g/Juice  Chicken Nuggets 12g Mashed Potatoes 16g Gravy 4g Peas 5g/10g Roll 23g Apricots 19g	18 Breakfast Bake 26g Apricots 19g/ Juice  Biscuit 22g Sausage Gravy 10g Glazed Carrots 20g Hash Brown Patty 13g/26g Pears 14g	19 Biscuit 22g Sausage Gravy 10g Pears 14g/ Juice  BBQ Pork Patty on Bun 43g Fresh Broccoli 1g Green Beans 4g Pineapple 17g	

22 Cereal String Cheese 3g Apples 13g / Juice  Taco Burger 29g Sweet Potato Tots 14g/28g Green Beans 6g Pears 14g	23 Blueberry Bubble Bread Pears 14g/ Juice 43g  Chicken and Noodles 29g Mashed Potatoes 16g Carrots 3g/6g Mandarin Oranges 17g Snickerdoodles 20g/40g	24 Breakfast Pizza 26g Mandarin Oranges 17g/ Juice  Super Nachos 43g Tomatoes 2g Peas 10g Applesauce 14g Chocolate Chip Cookies 20g/40g	25 Cinnamon Bun 70g Applesauce 14g/ Juice  Pig in a Blanket 26g Broccoli with Cheese 4g/8g Bake Beans 58g Fruit Cocktail 14g	26 Biscuit 22g Sausage Gravy 10g Orange 15g/ Juice  Chicken Strips 13g Savory Rice 15g/30g Corn 8g/16g Tossed Salad 3g Banana 27g	
29 Cereal Graham Cracker 18g Banana 27g/ Juice  Chicken Nuggets 10g Mashed Potatoes 16g Gravy 4g Broccoli with cheese 4g/8g Peaches 12g	30 Biscuit 22g Sausage Patty 1g Peaches 12g/ Juice  Cheeseburger on Bun 17g Baked Beans 58g Sweet Potato Tots 14g/28g Fruit Cocktail 14g				

#### Chicken Nuggets

2 boneless, skinless chicken breast halves

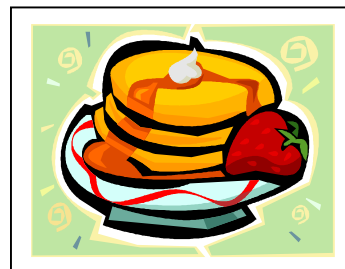
2 cups finely crushed cracker crumbs or 2 cups plain or Italian breadcrumbs

1 egg beaten 1 tsp garlic powder ¼ tsp salt ¼ tsp black pepper

¼ tsp chili powder (optional)

Preheat oven to 375 F. Slice the chicken breasts into strips about 2 inch wide.

Cut the strips into 'fingers' cubes or other shapes. Mix the dry cracker crumbs or breadcrumbs with seasonings and place on a plate. Dip the chicken pieces into egg mixture, and then roll in the crumb mixture. Spray shallow baking sheet (as a pizza pan) with cooking spray. Bake at 375 F for 10-15 minutes, turning once, until crisp on outside and lightly browned. Dip in your favorite sauce.



#### SEPTEMBER IS MONTH FOR CELEBRATING:

National Courtesy Month, Classical Music  
Month, Chicken Month, 13<sup>th</sup> Positive Thinking  
Day, National Pancake Day

Check out Chef Solus's tips for kids!

<http://www.nourishinteractive.com/healthy-tips/categories/6-kids-fitness-activities-exercise-tips>