



We're off to a GREAT start!



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Sax Grille 1
 1/2 Large Hamburger
 Chips
 Fruit
 Cookie

Cici's Pizza 2
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

Labor Day 5
CLOSED

Tijuana Flats 6
 Soft Beef Taco
 Chips
 Fruit
 Dessert

Buffalo Wings & Rings 7
 Cheeseburger Slider
 Potato Wedges
 Fruit
 Cookie

Chick-Fil-A 8
 Chick-Fil-A Sandwich
 Chips
 Fresh Fruit
 Dessert

Cici's Pizza 9
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

Zaxby's 12
 Chicken Tenders
 Chips
 Fruit
 Dessert

380 Peruvian Bistro 13
 Stir-Fry Chicken & fries
 White Rice
 Real Banana Chips
 Ketchup & Homemade Mayo

Firehouse Subs 14
 Ham & Cheese Sub
 Chips
 Fruit
 Cookie

Parson's BBQ 15
 Chicken Alfredo
 Veggie of the Day

Cici's Pizza 16
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

Julie's Southern Joy 19
 Spaghetti w/ Meat Sauce
 Green Beans
 Brownie

Tijuana Flats 20
 Chicken Burrito
 W/Refried Beans, Rice & Cheese
 Chips
 Fruit & Dessert

Buffalo Wings & Rings 21
 Cheeseburger Slider
 Potato Wedges
 Fruit
 Cookie

Chick-Fil-A 22
 Chick-Fil-A Sandwich
 Chips
 Fresh Fruit
 Dessert

Cici's Pizza 23
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

Zaxby's 26
 Chicken Tenders
 Chips
 Fruit
 Dessert

380 Peruvian Bistro 27
 Sliced Sausage link w/fries
 White Rice
 Real Banana Chips
 Ketchup & Homemade Mayo

Firehouse Subs 28
 Ham & Cheese Sub
 Chips
 Fruit
 Cookie

Sax Grille 29
 1/2 Large Hamburger
 Chips
 Fruit
 Cookie

Cici's Pizza 30
 Cheese or Pepperoni Pizza
 Salad
 Fruit
 Dessert