



September 2020

In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants.



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets
Dinner Roll
Vegetables
Fruit, Milk **1**

Orange Chicken
Brown Rice
Vegetables
Fruit, Milk **2**

Cheese or Pepperoni
Pizza
Vegetables
Fruit, Milk **3**

Cheesy Breadsticks
Marinara Cup
Vegetables
Fruit, Milk **4**

Labor Day
No School **7**

Turkey Sub
Sandwich
Chips
Vegetables
Fruit, Milk **8**

Teriyaki Chicken
Brown Rice
Vegetables
Fruit, Milk **9**

Cheese or Pepperoni
Pizza
Vegetables
Fruit, Milk **10**

Chicken Strips
Muffin
Vegetables
Fruit, Milk **11**

Taco Salad
Tortilla Chips
Vegetables
Fruit, Milk **14**

Chicken Burger
Vegetables
Fruit, Milk **15**

Teriyaki Beef
Dippers
Brown Rice
Vegetables
Fruit, Milk **16**

Turkey Ham & Cheese
Rippers
Vegetables
Fruit, Milk **17**

Popcorn
Chicken
Breadstick
Vegetables
Fruit, Milk **18**

Chicken Caesar Salad
Dinner Roll
Vegetables
Fruit, Milk **21**

Chicken Nuggets
Dinner Roll
Vegetables
Fruit, Milk **22**

Orange Chicken
Brown Rice
Vegetables
Fruit, Milk **23**

Cheese or Pepperoni
Pizza
Vegetables
Fruit, Milk **24**

Cheesy Breadsticks
Marinara Cup
Vegetables
Fruit, Milk **25**

Turkey Sub
Sandwich
Chips
Vegetables
Fruit, Milk **28**

Hamburger
Vegetables
Fruit, Milk **29**

Teriyaki Chicken
Brown Rice
Vegetables
Fruit, Milk **30**

Announcements

Grab & Go Lunch Menu

Daily Entrée Option:
Peanut Butter Jammer and
Cheese Stick

Daily Milk Options:
1% White Milk
Nonfat Chocolate Milk

Please Pre-Order Meals
engage.rsd407.org/foodservice

Meal Prices

Breakfast and
Lunch are **FREE** for
all Children age 18
and Under.