

22 Salsa Meatball Hoogie
 Chicken Nuggets
 Chef Salad
fruit and veggie selections
Tator Tots
 Celery Sticks & Baby Carrots
 Diced Peaches in Lt. Syrup
 Orange Wedges

23 Sweet and Sour Chicken
served w/brown rice WG
 Cheesy Bean Burrito
 Chicken Honey Wrap
fruit and veggie selections
Garden Green Peas
 Pepper Strips & Broccoli Tops
 Applesauce
 Fresh Banana

24 Pepperoni Pizza
 Turkey Hot Dog
 Hummus Platter
fruit and veggie selections
Tossed Salad w/Ranch
 Baby Carrots & Cucumber Coins
 Pineapple Chunks in Juice
 Fresh Honeydew

25 Twisted Italian Spaghetti
served w/garlic breadstick
 Hamburgers
 Chicken Ranch Pocket
fruit and veggie selections
Potato Wedges
 Celery Sticks & Fresh Spinach
 Mandarin Oranges in Juice
 Apples Slices

26 Crunchy Beef Tacos WG
Served w/Refried Beans
 Chicken Patty Sandwich
 Tuna Salad Wrap T
 Chocolate Cake
fruit and veggie selections
Whole Kernel Corn
 Baby Carrot & Cherry Tomato
 Mixed Fruit in Lt. Syrup
 Fresh Cantaloupe

29 BBQ Glazed Chicken Thigh
served w/baked beans
 Corndog WG
 Italian Submarine
fruit and veggie selections
Baked French Fries
 Celery Sticks & Baby Carrots
 Sliced Peaches in Juice
 Fresh Grapes

30 Beef Ravioli
 Bean Tostada
 Breaded Chicken Ranch Salad
fruit and veggie selections
Sliced Carrots
 Pepper Strips & Broccoli Tops
 Applesauce
 Fresh Banana

31 Cheese Pizza
 BBQ Pork Sandwich
 All-American Wrap
fruit and veggie selections
Tossed Salad w/Ranch
 Baby Carrots & Cucumber Coins
 Pineapple Chunks in Juice
 Fresh Honeydew

1 Italian Dunkers
served w/meat sauce
 Cheeseburgers
 Chicken Caesar Salad WG
fruit and veggie selections
Tator Tots
 Celery Sticks & Fresh Spinach
 Mandarin Oranges in Juice
 Apple Slices

2 Ranch-Style Chili con Carne
served w/biscuit
 Hot Ham & Cheese Sub
 Turkey & Provolone Pocket
fruit and veggie selections
Whole Kernel Corn
 Baby Carrots & Cherry Tomato
 Mixed in Lt. Syrup
 Fresh Cantaloupe

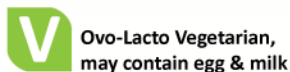
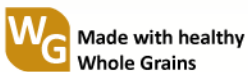
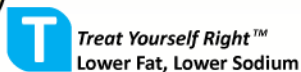


Welcome to a new school year! Are you ready for a healthy start?

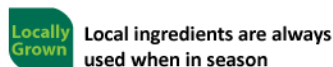
We hope you enjoyed your Summer Break. My name is Ace and I'm looking forward to teaching you the importance of eating right, exercising everyday, studying hard and getting enough rest. I'm looking forward to visiting your school later this year.

Until then, you can always send me a note at ace@aramark.com

- Menu is written with the help of our Student Advisory Committees
- We use low-sodium seasonings and no added fats in production
 - Menu meets the Gold criteria for the *HealthierUS School Challenge*
 - Using our icons can help you build a healthy meal each day



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.



Choose an Entree

We offer four entrée' choices everyday: Our featured hot entrée, a favorite hot handheld; a deli sandwich and an entrée salad each entree includes

+ Take up to 3 sides

Each meal includes: fresh varieties of fruit, a healthful rotation of vegetables and nutrient-dense whole grain breads, rolls, and desserts

+ Grab a Milk

low fat and skim varieties available



5 **Labor Day Holiday**

fruit and veggie selections

6 **Macaroni & Cheese**

Cheesy Bean Burrito
Cobb Salad

fruit and veggie selections

Steamed Carrots
Pepper Strips & Broccoli Tops
Applesauce
Fresh Banana

7 **Pepperoni Pizza**

Turkey Frank
Spicy Chicken Wrap ^{WG}

fruit and veggie selections

Tossed Salad w/Ranch
Baby Carrots & Cucumber Coins
Pineapple Chunks in Juice
Fresh Honeydew

8 **Mexican Chicken Nachos**

served w/refried beans

Cheeseburger
Chicken & Fruit Salad

fruit and veggie selections

Whole Kernel Corn
Celery Sticks & Fresh Spinach
Mandarin Oranges in Juice
Fresh Apple Slices

9 **Italian Pasta Bake** ^{WG}

Served w/Breadstick

Chicken Patty Sandwich
Tuna Salad Platter

fruit and veggie selections

Potato Wedges
Baby Carrots & Cherry Tomato
Mixed Fruit in Lt. Syrup
Fresh Cantaloupe

12 *Breakfast for Lunch*

Pancakes ^{WG}
w/Sausage Patty

Corndog ^{WG}
Mediterranean Salad

fruit and veggie selections

Tator Tots
Celery Sticks & Baby Carrots
Diced Peaches in Lt. Syrup
Orange Wedges

13 **Oriental Beef Lo Mein**

Grilled Cheese Sandwich
All-American Wrap

fruit and veggie selections

Green Beans
Pepper Strips & Broccoli Tops
Applesauce
Fresh Banana

14 **Professional Development Day**

fruit and veggie selections

15 **Hearty Chicken Noodle Bowl**

chicken, veggies & noodles

Hamburger
Pepperoni Pizza Salad

fruit and veggie selections

Potato Wedges
Celery Sticks & Fresh Spinach
Mandarin Oranges in Juice
Fresh Apple Slices

16 **Chicken Quesadilla**

Sloppy Joe
Chicken Caesar Salad ^{WG}
Chocolate Pudding

fruit and veggie selections

Peas & Carrots
Baby Carrots & Cherry Tomato
Mixed Fruit in Lt. Syrup
Fresh Cantaloupe

19 **Salisbury Steak w/ Rich Gravy**

Served w/biscuit

Chicken Nuggets
Cobb Salad

fruit and veggie selections

Mashed Potatoes
Celery Sticks & Baby Carrots
Diced Peaches in Lt. Syrup
Orange Wedges

20 **Caribbean Jerk Chicken Thigh**

Cheesy Bean Burrito
Turkey & Cheese Submarine

fruit and veggie selections

Garden Green Peas
Pepper Strips & Broccoli Tops
Applesauce
Fresh Banana

21 **Pepperoni Pizza**

Turkey Hot Dog
Breaded Chicken Ranch Salad ^{WG}

fruit and veggie selections

Potato Wedges
Baby Carrots & Cucumber Coins
Pineapple Chunks in Juice
Fresh Honeydew

22 **Meatball Pasta Bake**

Served w/Garlic Breadstick

Cheeseburgers
Ham & Cheese Pocket

fruit and veggie selections

Green Beans
Celery Sticks & Fresh Spinach
Mandarin Oranges in Juice
Fresh Apple Slices

23 **Mexican Spicy Lasagna** ^{WG}

layered tortillas, beef & cheese

Chicken Patty Sandwich
Roast Beef Wrap

fruit and veggie selections

Tator Tots
Baby Carrots & Cherry Tomato
Mixed Fruit in Lt. Syrup
Fresh Cantaloupe