

### Monday

Labor Day  
 No School

**3**

Daily Offerings:  
 MAMS Munchables  
 Parfaits  
 Assorted Sandwiches

### Tuesday

Chicken Tenders  
 Cheese Ravioli  
 Chicken Caesar Salad  
 Green Beans  
 WG Roll  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**4**

### Wednesday

Chicken or Cheese Quesadilla  
 With Salsa & Sour Cream  
 Mini Corn Dogs  
 Buffalo Chicken Flatbread  
 Watermelon Slices  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**5**

### Thursday

Home Made All American Mac & Cheese  
 (Ground Beef Added)  
 Chicken Nuggets  
 Mashed Potato  
 Corn Nibbles  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**6**

### Friday

Pizza Day  
 Shrimp Poor Boys  
 Teriyaki Bites  
 Asian Slaw  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**7**

American Chop Suey  
 Shaved Steak Subs w/ Sautéed onion &  
 Green pepper and melted cheese  
 Turkey BLT Salad  
 Steamed Green Peas  
 Fresh Fruit & Food Bar  
 Ice Cold Milk

**10**

**SOUPER TUESDAY**  
 Chicken Corn Chowder with WG Crackers  
 Chicken French Fries  
 Turkey Gobbler Flatbread  
 Glazed Carrots  
 Fresh Fruit & Food Bar  
 Ice Cold Milk

**11**

Assorted Pizza  
 BBQ Pulled Pork Sandwich  
 Ranch Pasta Salad  
 Fall Fruit Cups  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**12**

Popcorn Chicken Bowl  
 Tuna Salad Plate  
 Sloppy Joe  
 Roasted Broccoli with Cheese  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**13**

Spicy Chicken Sandwich  
 Home Made Spaghetti w/Meatballs  
 WG Garlic Stick  
 Sautéed Zucchini & Summer Squash  
 Fresh Fruit & Food Bar  
 Ice Cold Milk

**14**

Eagle Sampler  
 Cheese Stick, Corn Dog, Onion Rings  
 Beef & Cheddar Burrito  
 Grilled Chicken Cordon Blue  
 Sweet Potato Tots  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**17**

French Toast Bites with Sausage  
 Chicken Cobb Salad  
 Chicken Patty  
 Garlic Green Beans  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**18**

Pasta Bar  
 Choice of Meat sauce, Alfredo, Red Sauce  
 Choice of Meatballs, Chicken, Eggplant,  
 Broccoli  
 WG Garlic Stick  
 Turkey Bacon Ranch Flatbread  
 Steamed Spinach  
 Ice Cold Milk

**19**

Hotdogs  
 Linda's Chili with Cornbread  
 Fish Sticks  
 Baked Beans  
 Coleslaw  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**20**

Shepherd's Pie with WG Roll  
 Baked buffalo Chicken Dip w/ WG Tortilla  
 Chips  
 Chef's Choice  
 Mixed Veggies  
 Fresh Fruit & Food Bar  
 Ice Cold Milk

**21**

Meatless Monday  
 Home Made Macaroni & Cheese  
 Tomato Soup & Grilled Cheese  
 Veggie Lo Mein  
 Caprese Salad  
 Fresh Fruit & Food Bar  
 Ice Cold Milk

**24**

Taco Tuesday  
 Beef Nachos  
 Taco Pizza  
 Spicy Black Beans  
 Assorted Quiche  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**25**

Herbed Bosco Sticks with Dipping Sauce  
 Beef or Veggie Lasagna  
 WG Garlic Breadstick  
 Apple Pie in a Cup  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**26**

Rodeo Burger  
 Beef Patty with BBQ & onion ring  
 Grilled Cheese with Bacon & Tomato  
 Greek Chicken Salad  
 Baked Seasoned Fries  
 Fresh Fruit & Food Bar  
 Ice Cold Milk

**27**

Chicken on a Stick with Egg Roll  
 Fried Rice  
 Fortune Cookie  
 Home Made Meatball Sliders  
 Broccoli Cheddar Soup  
 Fresh Fruit & Veggie Bar  
 Ice Cold Milk

**28**

Please be sure to add funds to your child's lunch account to start the school year off right! If you need assistance, please contact Katy DiCara 729-9961 x 238.  
 Free and Reduced Forms are now available online at [myschoolapps.com](http://myschoolapps.com) or on the MSAD 75 Foodservices Webpage.

