

# SEPTEMBER

I'm  
**BIANCA**  
"BOOST"  
BLUEBERRY

**GOOD EATS AT**

Blueberries are full of fiber, vitamin c and vitamin k. Blueberries have special powers for fighting diseases!

**SPECIAL ANNOUNCEMENTS**

September 2<sup>nd</sup>-Labor Day

September 26<sup>th</sup>- IES Fall Pictures

M	T	W	TH	F
<b>No School</b> 2	<b>Tornado</b> Stromboli Green Beans Marinara Apple Wedges 3	<b>Pancake on Stick</b> Burrito Mexican Corn Orange 4	<b>Sausage Biscuit</b> Turkey on W/G Bun/Lettuce Baked Beans Oven Fries Peaches 5	<b>Biscuit &amp; Gravy</b> Chicken Fried Steak Mashed Potatoes Broccoli W/G Hot Roll Pineapple 6
<b>French Toast Sticks</b> Chicken Patty Mashed Potatoes Green Beans W/G Hot Roll Chilled Pears 9	<b>Sausage Biscuit</b> Lasagna Marinara W/G Garlic Bread Cookie Peaches 10	<b>Tornado</b> Taco Burger on W/G Bun Refried Beans W/G Chips Apple Wedges 11	<b>Pancake on Stick</b> Pizza Baby Carrots Strawberries & Bananas Garden Bar 12	<b>Breakfast Pizza</b> Han & Cheese On W/G Bun Tater Tots Broccoli/Carrots Grapes 13
<b>Funnel Cake</b> Chicken Wrap Brown Rice Seasoned Carrots Peaches 16	<b>Cinnamon Toast</b> Spaghetti Green Beans Garden Bar W/G Bread Orange Wedges 17	<b>Yogurt/String</b> Cheese Taco Salad Refried Beans Banana 18	<b>Cinnamon Roll</b> Pig in Blanket Broccoli/Cheese Potato Wedges Fresh Apple 19	<b>Biscuit &amp; Gravy</b> Teriyaki Chicken Rice Pilaf Oriental Veggie W/G Muffin Applesauce 20
<b>BK Bun</b> Biscuit & Gravy Tri Tater Green Beans Peaches 23	<b>Pancake on Stick</b> BBQ Chicken Baked Beans Potato Wedges W/G Roll Tropical Fruit 24	<b>W/G Muffin</b> Crispito Corn Refried Beans Banana 25	<b>Breakfast Burrito</b> Pizza Garden Bar Orange Wedges Brownie 26	<b>Breakfast Pizza</b> Meatball Sub Oven Potatoes Stem Broccoli Fresh Apple 27
<b>Egg Biscuit</b> Corn Dog Pork & Beans Oven Potatoes Grapes 30				

**GET READY**

**FOR NATIONAL SCHOOL LUNCH WEEK**  
OCTOBER 14-18  
SquareMeals.org/NSLW

Milk Served Daily  
Menu Subject to Change

