

**Salads**

**Farmers Market-** String Cheese, Sugar Snap Peas, Cherry Tomatoes, Baby Carrots, Ranch Dressing and a Breadstick

**Fruit & Cheese Plate-** Fresh Fruit Sliced and Cheddar Cheese Cubes

**Farm-to-School**

**We Buy Local Produce!**

- Illinois- Apple Crunch Day- Alto Pass
- Michigan- Apples from Sparta, Broccoli from Flat Rock, Carrots from Benton Harbor and Grant, Cucumber from Flat Rock, Celery from Wayland, Applesauce and Sliced Apples from Peterson

**01 Pepperoni Pizza**

Cheez-Its  
OR  
Macaroni & Cheese+  
OR  
**Garden Salad+**  
Dinner Roll / French Dressing  
  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

**04 Labor Day**

**05 Mini Maple Pancakes**  
Poultry Sausage  
OR  
**New!**  
Turkey Ham & Cheese Panini  
OR  
Farmers Market Combo+  
Cheez- It Crackers  
  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce

**06 Cheese Pizza+**  
Animal Crackers  
OR  
Orange Popcorn Chicken w/  
Broccoli & Cilantro Lime Rice  
OR  
**Garden Salad+**  
Dinner Roll / French Dressing  
Sweet Golden Corn  
Fresh Celery Sticks  
Fresh Apple Slices

**07 Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Cheese Burrito+**  
OR  
**Chef Salad w/ Egg+**  
Dinner Roll / French Dressing  
Black Charro Beans  
Fresh Broccoli  
Craisins

**08 Hot Dog**  
Ketchup / Mustard  
OR  
**Pepperoni Pizza**  
Pretzel Goldfish Crackers  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing  
Tossed Salad / French Dressing  
French Fries / Ketchup  
Fresh Orange

**11 **New!** Sloppy Joe**  
OR  
**Cheeseburger**  
Ketchup / Mustard  
OR  
**Fruit & Cheese Plate+**  
Harvest Cheddar SunChips  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce

**12 Cheese Pizza+**  
OR  
**Corn Dog**  
Ketchup / Mustard  
OR  
**Farmers Market Combo+**  
Cheddar Goldfish Crackers  
  
Three Bean Salad  
Steamed Carrots  
Fruit Juice

**13 Nacho Combo**  
OR  
**Oven Roasted Chicken Drumstick w/ Brown Rice**  
OR  
**Chef Salad w/ Ham\***  
Dinner Roll / Italian Dressing  
Tossed Salad / Italian Dressing  
Sweet Golden Corn  
Fresh Pear

**14 Spaghetti & Meatballs**  
OR  
**Chicken Mashed Potatoes Bowl**  
w/ Corn & Cheese  
OR  
**All-American Salad\***  
Dinner Roll / French Dressing  
Steamed Broccoli  
Fresh Cherry Tomatoes  
Fresh Apple  
**Scooby Doo Crackers**

**15 Breaded Chicken Sandwich** BBQ Sauce  
OR  
**New! Poultry Sausage, Egg, & Cheese on an English Muffin**  
OR  
**Chicken Caesar Salad^**  
Dinner Roll / Caesar Dressing^  
Tater Tots / Ketchup  
Fresh Celery Sticks  
Peach Applesauce

**18 Chicken Soft Tacos w/ Mexican Rice**  
Taco Sauce  
OR  
**Grilled Cheese Sandwich+**  
OR  
**Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
Sweet Golden Corn  
Carrot Coins  
Fresh Banana

**19 Maple Mini Waffles**  
Poultry Sausage  
OR  
**Pepperoni Pizza**  
OR  
**Fruit & Cheese Plate+**  
Harvest Cheddar SunChips  
  
Tater Tots / Ketchup  
Fresh Baby Carrots  
**New!** Peach-Mango Applesauce

**20 Cheese Pizza+**  
OR  
**Macaroni & Cheese+**  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing / Cheez-Its  
Fresh Broccoli  
Green Peas  
Fresh Orange

**21 Chicken Tenders**  
Dinner Roll / BBQ Sauce  
OR  
**Cheeseburger**  
Ketchup / Mustard  
OR  
**Popcorn Chicken Salad**  
Jungle Crackers / Ranch Dressing  
BBQ Black Beans  
Fresh Cherry Tomatoes  
Fresh Apple

**22 **New!** Salisbury Steak w/ Noodles & Gravy**  
OR  
**Fish Sticks^**  
Breadstick / Ketchup  
OR  
**Garden Salad+**  
Dinner Roll / Ranch Dressing  
**New!** Mashed Potatoes  
Tossed Salad / French Dressing  
Fresh Pear

**25 Beef Soft Tacos**  
Taco Sauce  
OR  
**Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

**26 Pizza Dippers+**  
Marinara Sauce  
OR  
**Corn Dog**  
Ketchup / Mustard  
OR  
**Farmers Market Combo+**  
Cheddar Goldfish Crackers  
Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce

**27 Cheeseburger**  
Ketchup / Mustard  
OR  
**Chicken Tenders**  
Breadstick / BBQ Sauce  
OR  
**All-American Salad\***  
Dinner Roll / French Dressing  
French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange

**28 **New!** Chicken Penne Pasta**  
w/ Tomato Cream Sauce. Dinner Roll  
OR  
**Chicken Soft Tacos**  
w/ Mexican Rice Taco Sauce  
OR  
**Chef Salad w/ Egg+**  
Pretzel Goldfish / Breadstick / Ranch Dressing  
Tossed Salad / French Dressing  
Green Peas  
Fresh Clementine

**29 Chicken Sliders**  
BBQ Sauce  
OR  
**Cheese Pizza+**  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing  
Sweet Golden Corn  
Carrot Coins  
Fresh Apple

**Did you know...?**

\*Menu Subject to Change\*

- We only use heart healthy whole grain breads, pastas, and rolls.
- Milk contains no artificial growth hormones or antibiotics.
- Milk is available with all meals.
- All Juice is 100% Fruit Juice
- \*Item Contains Pork +Item Does Not Contain Meat
- ^Item Contains Fish
- Nutrition and Allergen Information available at: <http://www/fspro.com/nutrition.html>

**We've Listened to You with New Items and Returning Items**

- September 5<sup>th</sup> – New Entrée
- September 14<sup>th</sup> – Added a Dessert with Lunch
- September 15<sup>th</sup> – New Entrée
- September 19<sup>th</sup> – New Side Item Flavor
- September 22<sup>nd</sup> – New Entrée and Side Item
- Salads on 13<sup>th</sup>, 14<sup>th</sup>, & 27<sup>th</sup> all contain pork ham
- Returning Apple Slice and Fresh Clementine's