



Students need to choose at least ½ cup fruit or vegetable. We encourage students to take both. If you have menu questions, please contact Renee Arbogast at 763-261-6302.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Meal Prices:
Paid Meal: \$2.35
Free/Reduced Meals: No Charge
Adult/Visitor Meal: \$3.65
Extra Milk: \$0.35

No School 1

Daily Milk Options:
Skim Milk, 1% Milk, or
Chocolate Skim Milk

No School 2

No School 5

Happy Labor Day

No School 6

Assessment Day

No School 7

Assessment Day

#1 Mini Corn Dogs 8
#2 Cheeseburger on Bun
Sides: Potato Smiles, Carrots,
Celery, Raisins & Bananas

#1 Cheese Pizza 9
#2 Supreme Pizza
Sides: Broccoli, Zucchini,
Carrots, Hummus, Craisins, &
Melon

#1 Mini French Toast 12
#2 Mini Waffles
Sides: Cheese Omelet, Sweet
Potato Tots, Cauliflower, Broccoli,
Applesauce & Oranges

#1 Chicken Patty on Bun 13
#2 Turkey & Cheese on Bun
Sides: Cucumbers, Pea Pods,
Radishes, Carrots, Peaches &
Apples

#1 Taco in Bag w/Salsa 14
#2 Plain or Spicy Chicken
Tenders w/Goldfish Crackers
Sides: Refried Beans, Diced
Tomato, Shred Greens, Celery,
Pears, & Grapes

#1 Sloppy Joe on Bun 15
#2 BBQ Pork Riblette on Bun
Sides: Sun Chips, Carrots,
Cucumber, Shred Greens,
Edamame, Pineapple, & Fruit
Freeze

#1 Baja Fish 16
#2 Oven Fried Chicken
Drumstick
Sides: Tater Tots, Homemade
Muffin, Carrots, Broccoli,
Mandarin Oranges, & Fresh Fruit

#1 Macaroni & Cheese 19
#2 Chicken Nuggets
Sides: Zucchini, Pea Pods,
Carrots, Green Pepper, Annies
Grahams, Raisins, & Apples

#1 Mandarin Chicken 20
w/Rice & Cracker
#2 Mini Pancakes w/Sausage
Sides: Red Pepper, Broccoli,
Celery, Hummus, Pineapple, &
Juice

#1 Breaded Beef Steak 21
#2 Turkey Gravy
Sides: Mashed Potatoes, Gravy,
Coleslaw, Carrots, Biscuits, Mixed
Fruit & Oranges

#1 Soft Shell Taco 22
#2 Baked Potato w/Shred
Cheese, Ham & Breadstick
Sides: Pinto Beans, Shred
Greens, Diced Tomato,
Cauliflower, Peaches, & Banana

#1 Lasagna w/Garlic Bread 23
#2 Breaded Chicken Wrap
Sides: Shred Greens, Carrots,
Broccoli, Radishes, Pears, &
Craisins

#1 Cheese Quesadilla 26
#2 Chili Cheese Fritos
Sides: Shred Greens, Tomatoes,
Cucumber, Celery, Pineapple, &
Oranges

#1 Popcorn Chicken 27
w/Dipping Sauce
#2 All Beef Hot Dog on Bun
Sides: Calico Beans, Oven Baked
Fries, Green Peppers, Carrots,
Cookie, Raisins, & Apples

#1 BBQ Pork on Bun 28
#2 Hamburger on Bun
Sides: Sweet Potato Fries,
Coleslaw, Broccoli, Applesauce, &
Mandarin Oranges

#1 Chicken Alfredo 29
w/Breadstick
#2 Pepperoni Pizza
Sides: Carrots, Pea Pods,
Cauliflower, Hummus, Craisin, &
Fresh Fruit

#1 Fish Nuggets w/
TriTators & Crackers 30
#2 Grilled Cheese w/Tomato
Soup
Sides: Carrots, Broccoli,
Zucchini, Jicama, Peaches &
Slushie