



BACK TO SCHOOL

BOW & DUNBARTON ELEMENTARY **SCHOOL SEPTEMBER LUNCH MENU**

This menu meets the nutritional guidelines for the National School Lunch Program. USDA is an equal opportunity provider, employer, and lender. Menus are subject to change

without notice. We do our very best to communicate changes in a timely manner. Please inform your server if you have an allergy.

Breakfast costs \$2 (reduced \$.0) and Lunch \$3 (reduced \$.40) and comes with a milk choice and many fruit and veggie choices.

Milk or juice without meal \$.50, Large water \$1, all double meals \$2, all snack choices \$1

Everyday choices may include one or more of the following:

Bagel bag lunch or Chocolate chip muffin meal, pizza dipper meals and more, all served with yogurt or string cheese. Weekly salad choices (varies)

All meals come with a fresh or canned fruit, a fresh, steamed or roasted veggie and a milk choice. We offer 1% and chocolate fat free milk.

Breakfast menu: A variety of cereal, baked goods, fruit, juice and milk choice (1% or chocolate fat free) are served daily. Thursday is SMOOTHIE day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Aug 27 Breakfast choice Hash brown Sausage links Peaches & plums	Aug 28 Crazy day Veggie of day Watermelon	Aug 29 Crazy day Veggie of day Apples
No School Today Labor Day	2-Chicken patty sandwich Carrot sticks & ranch Cheese puffs Pineapple	3-French toast stick Sausage Baked beans Yogurt cup Pears	4-Mac & cheese Garlic toast Broccoli Fresh berries	5-Mini corn dogs Smiley fries Pita & sunbutter Animal crackers 100% juice cup
8-Pizza day Baby carrots w/ hummus Clementine Smoes bar	9-Breaded chicken Rice Corn muffin Broccoli Mango	10-Mini waffles Ham Sweet potato puffs Applesauce	11-Cheeseburger or veggie burger Oven fries Lettuce tomato Banana	12-Grilled cheese Sandwich Soup Goldfish Sugar snap peas 100% juice cup
15-Pizza day Garden salad Peaches Rice krispie treat	16-Chicken nuggets Herbed stuffing Dinner roll Maple carrots Watermelon	17-Pancakes & Parfaits Homefries Mixed fruit Elf grahams	18-Spaghetti w/ meat sauce Garlic toast Green beans Fresh berries	19-Chefs choice Ranch chickpeas 100% juice cup
22-Pizza day Grape tomatoes Apples & cinnamon Strawberry bar	23-Popcorn chicken butter noodles Garlic knot Broccoli Pineapple	24-Maple breakfast choice w/ egg Hashbrown Cinn sugar Chickpeas Peaches	25-Nacho tacos Beef or chicken cheese, salsa And rice Corn Grapes	26-Cheesy meatball bowls flatbread Pepper strips Sunflower seeds 100% juice cup
29-Pizza day Zucchini & dip Tropical fruit salad Animal crackers	30-Boneless chicken bites Biscuit & butter Corn Apples			