



September Menu for Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday	
 LABOR DAY	3 • Spicy Chicken Sandwich • Stuffed Crust Pizza Side Choices: Fresh Garden Salad Sweet Corn Blueberries	4 • Mozzarella Sticks w/Marinara Sauce Side Choices: Fresh Garden Salad Green Beans Applesauce	5 • Popcorn Chicken • Flatbread Pizza Side Choices: Fresh Garden Salad Steamed Broccoli Chilled Peaches	6 • Macho Nachos Side Choices: Fresh Garden Salad Refried Beans Mixed Fruit Fresh Baked Cookie	
	9 • Sweet & Sour Chicken w/Rice Side Choices: Fresh Garden Salad Steamed Carrots Pears	10 • Chicken Rings • Stuffed Crust Pizza Side Choices: Fresh Garden Salad Sweet Corn Blueberries	11 • French Toast Sticks w/Sausage Links 🐷 Side Choices: Fresh Garden Salad Green Beans Warm Cinnamon Apples	12 • Mini Corn Dogs • Flatbread Pizza Side Choices: Fresh Garden Salad Steamed Broccoli Chilled Peaches	13 • Loaded Carnitas Nachos 🐷 Side Choices: Fresh Garden Salad Refried Beans Mixed Fruit Fresh Baked Cookie
16 • Orange Chicken w/Rice Side Choices: Fresh Garden Salad Steamed Carrots Pears	17 • Deluxe Chicken Sandwich • Stuffed Crust Pizza Side Choices: Fresh Garden Salad Sweet Corn Blueberries	18 • Mac N Cheese • BBQ Pork Sandwich 🐷 Side Choices: Fresh Garden Salad Green Beans Applesauce	19 • Chicken Fries • Flatbread Pizza Side Choices: Fresh Garden Salad Steamed Broccoli Chilled Peaches	20 • Macho Nachos Side Choices: Fresh Garden Salad Refried Beans Mixed Fruit Fresh Baked Cookie	
23 • General Tso's Chicken w/Rice Side Choices: Fresh Garden Salad Steamed Carrots Pears	24 • Spicy Chicken Sandwich • Stuffed Crust Pizza Side Choices: Fresh Garden Salad Sweet Corn Blueberries	25 • Chicken & Waffles Side Choices: Fresh Garden Salad Green Beans Warm Cinnamon Apples	26 • Popcorn Chicken • Flatbread Pizza Side Choices: Fresh Garden Salad Steamed Broccoli Chilled Peaches	27 • Macho Nachos Side Choices: Fresh Garden Salad Refried Beans Mixed Fruit Fresh Baked Cookie	
30 • Sweet & Sour Chicken w/Rice Side Choices: Fresh Garden Salad Steamed Carrots Pears	 <h2>What is Labor Day?</h2> <p>Labor Day is a national holiday honoring the hard work and accomplishments of American workers and how they helped make our country strong and successful. In 1984, President Grover Cleveland sign a law making the first Monday in September of each year a national holiday called Labor Day. This year is the 125th anniversary!</p>			<h2>JOKES!</h2> <p>September is a good time to pick apples! These apple jokes will make you laugh right your "core"!!!</p> <p>What kind of apple isn't an apple? <i>A pineapple!</i> What do you call a grouchy apple? <i>A crab apple!</i> Why did the apple pie cry? <i>Its peelings were hurt!</i> What reads and loves apples? <i>Bookworms!</i> Why did the apple pie go to the dentist? <i>It needed a filling!</i></p> 	

Breakfast



Entree, fruit, 100% fruit juice and milk
 Cost is: \$1.60 (full pay) or \$0.30 (reduced)

- Choice of Breakfast Entrees offered daily:**
[Benefit Bars](#)/[Assorted Bread Slices](#)/[Pop Tarts](#)
[Assorted Muffins](#)/[Mini Bagels](#)/[Honey Bun](#)
[Cinnamon Bun](#)/[Mini Donuts](#)
[French Toast Sticks](#)/[Mini Pancakes](#)
[Biscuits & Gravy](#) (on Wednesday)


Lunch



Each meal comes with your choice of an entree and sides of fresh fruits and vegetables, 100% fruit juice and milk.
 Cost \$2.70 (full pay) or \$.40 (reduced)

- Lunch entrees offered daily:**
[Uncrustables](#)/[Pizza Slice](#)/[Hot Dog](#) 🐷
[Chicken Sandwich](#)/[Cheese Pretzel Roll](#)
[Grilled Cheese](#)/[Garden Salad](#)
[Cheeseburger](#) (on Mon & Thurs)

Good News!



We accept applications for the free/reduced meal program all school year long. You can pick one up from your child's school or on the district website.

Hey Parents!
 To view the nutritional information for all of our menu items visit our website or click on the hyperlink below:

<https://sites.google.com/a/fz.k12.mo.us/fzsd-nutritional-information/>

 = Item contains pork

This institution is an equal opportunity provider. Menus are subject to change.

