

Monday
Tuesday
Wednesday
Thursday
Friday

Harvest of the Month: Pears!

Pears are sweet, juicy, and fun to eat! They help keep your body healthy with vitamin C and fiber. Did you know pears get softer and tastier after they're picked from the tree? Washington grows lots of pears—maybe even some you've eaten!



National Noodle Day

6

Chicken Alfredo
Breadstick
Corn
Mixed Berry Cup

SEPTEMBER GOLDEN TRAY AWARD WINNER MENU CHOICE! DAKOTA WESTMAN

7

Taste Washington Day

8

  Glazed Pork Chop
 Mashed Potatoes & Gravy
Dinner Roll
Applesauce
 Roasted Carrots

 Chef's Salad
Breadstick
Apple Slices

9

**NO SCHOOL
TEACHER IN-SERVICE**

10

 Sloppy Joes
French Fries
Baked Beans
Broccoli

13

Chicken Strips
Tater Tots
Green Beans
 Pears

14

  BBQ Salisbury Steak
 Rustic Mashed Potatoes
Corn
 Fall Fruit Medley

15

 Chicken Bacon Ranch
Wrap Sandwich
Potato Chips
 Apple Waldorf Salad

16

TRY IT FRIDAY
Meat Lover's Pizza
 Broccoli Delight Salad
 Fresh Pears

17

Chicken Patty Sandwich
French Fries
Baked Beans
Broccoli

20

National Apple Day

21

 Tater Tot Casserole with
Green Beans
 Apple Waldorf Salad
Corn

  Tuna Salad Sandwich
Potato Chips
 Treasure Island Fruit Salad

22

 Chili
 Cornbread
 Macaroni Salad
Apple Slices

23

TRY IT FRIDAY
 Chicken Bacon Ranch Pizza
Peas
 Fall Fruit Medley with
 Fresh Pears

24

Chicken Strips with
Dipping Sauce
French Fries
Peas
Fruit

27

 Taco Salad
Tortilla Chips
 Confetti Corn Salad
Apple Slices

28

Lunch Fit for a Principal
 Meatloaf
 Mashed Potatoes & Gravy
Green Beans
Fresh Fruit
 Apple Harvest Cake

29

Pulled Pork Sandwich
Coleslaw
 Potato Salad
 Cucumber Apple Salad

30

HAPPY HALLOWEEN
TRY IT FRIDAY
 Trick or Treat Pizza
  Asian Noodle Salad
  Pear Crisp Dessert 

31
