

2024

# SEPTEMBER

## KAHLOTUS SCHOOL DISTRICT

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>2</b></p> <p>NO SCHOOL</p> <p>Labor Day</p>	<p><b>3</b></p> <p>Banana Bread Yogurt and Fresh Fruit Pasta Salad with Pepperoni&amp;Cheese Creamy Cucumbers Marinated Black Bean Salad Peanut Butter Cookie</p>	<p><b>4</b></p> <p>Waffle Grilled Cheese Sandwich Sausage Patty and Fruit Buffalo Ranch Chicken Salad Rainbow Salsa Apple Dippers</p>	<p><b>5</b></p> <p>Shine Bar and Yogurt Mediterranean Pasta with Alfredo Sauce Roasted Vegetable Medley Focaccia Bread Melon with Honey and Lemon</p>	<p><b>6</b></p> <p>Cereal Bowl String Cheese and Fruit Chicken Patty Sandwich French Fries Chipotle Slaw Koyote Kindness Fruit Cup</p>
<p><b>9</b></p> <p>Bagel with Cream Cheese Yogurt and Fresh Fruit Fajita Chicken Pasta Green Beans Apple Waldorf Salad</p>	<p><b>10</b></p> <p>Oat Banana Muffin Sausage Patty Salisbury Steak Mashed Potatoes Corn Pineapple Slaw</p>	<p><b>11</b></p> <p>Sausage and Cheese Sandwich on English Muffin and Fruit Chipotle Chicken Dip with Chips Marinated Black Bean Salad Fresh Fruit</p>	<p><b>12</b></p> <p>Fluffy Applesauce Pancake Scrambled Eggs with Sausage Fruit Deli Sandwich on Focaccia Bread Broccoli Delight Salad Banana</p>	<p><b>13</b></p> <p>French Toast Stick Sausage Patty and Fruit Taco Salad with Chips Mexican Slaw Fresh Fruit</p>
<p><b>16</b></p> <p>Banana Bread Yogurt and Fresh Fruit Cheesy Chicken over Rice Roasted Vegetable Medley Fresh Fruit</p>	<p><b>17</b></p> <p>Sausage and Cheese Muffin Yogurt and Fresh Fruit Cheese Pizza Breadstick with Marinara Sauce Green Pepper Vegetable Cup with Ranch Dip</p>	<p><b>18</b></p> <p>Waffle with Spicy Apple Compote Sausage Patty and Fruit Beef and Bean Burritos Spanish Rice Creamy Cucumber Salad</p>	<p><b>19</b></p> <p>Shine Bar Creamy Strawberry and Peach Parfait Chicken Fajita Wrap Mexican Slaw Apple Dippers</p>	<p><b>20</b></p> <p>Blueberry Muffin String Cheese and Fresh Fruit Chicken Nuggets French Fries Pineapple Slaw Dessert</p>
<p><b>23</b></p> <p>Waffle with Mixed Berry Topping Sausage Patty and Fruit Chicken Salad Pita Sandwich Baked Beans Creamy Cucumber Salad</p>	<p><b>24</b></p> <p>Breakfast Muffin and Yogurt Fresh Fruit Ground Beef and Macaroni Green Beans Breadstick Asian Cabbage Salad</p>	<p><b>25</b></p> <p>Cheesy Potato, Egg and Bacon Bake Sunshine Fruit Cup Sloppy Joe on a Roll Pasta Salad Apple Waldorf Salad</p>	<p><b>26</b></p> <p>Oat Banana Muffin Hulk Smoothie and Fruit Beef and Sausage Lasagna Focaccia Flat Bread Corn Fresh Whole Fruit</p>	<p><b>27</b></p> <p>Bagel with Cream Cheese Yogurt and Fruit Pepperoni Pizza Coleslaw Apple Dippers</p>
<p><b>30</b></p> <p>Cereal Bowl, Yogurt and Fruit Orange Chicken Brown Rice Herb Roasted Fall Vegetables September Birthdays Cake</p>	<p>September is celebrate "Peppers" Month. Did you know that peppers are both a fruit and a vegetable? Peppers come in a variety of colors including yellow, orange, red and pepper. There are also sweet peppers and "hot or chili type" peppers. We will be featuring various sweet peppers weekly in at least one lunch entrée along with student taste testing. Peppers are extremely high in Vitamin C along with E, B and K. Look for more information and a recipe In the monthly KSD newsletter!</p> <p>Salad Bar is available with Lunch. Fresh Fruit and fruit juice are available at Breakfast.</p>			