### Happy Labor Day!

**Tuesday, August 31**
- **Breakfast**: Buttermilk Bar Fruit Cup
- **Lunch**: Turkey & Cheese Sandwich Orange Celery Sticks Dessert

**Wednesday, September 1**
- **Breakfast**: Mini Waffle Raisins
- **Lunch**: Cheese Pizza Or Pepperoni Pizza Rippers Apples Carrot sticks, Chips

**Thursday, September 2**
- **Breakfast**: Snack Bar Fruit Cup
- **Lunch**: Chicken Nuggets Orange Broccoli Dessert

**Friday, September 3**
- **No School**

**Tuesday, September 7**
- **Breakfast**: Cinnamon Roll Fruit Cup
- **Lunch**: Cheese Stuffed Bread Sticks w/Marinara Sauce Orange Celery Sticks Dessert

**Wednesday, September 8**
- **Breakfast**: Mini Bagels Raisins
- **Lunch**: Cheese Pizza Or Pepperoni Pizza Rippers Apples Carrot sticks, Chips

**Thursday, September 9**
- **Breakfast**: French Toast Fruit Cup
- **Lunch**: Rib-B-Q Sandwich Orange Broccoli Dessert

**Friday, September 10**
- **Breakfast**: Banana Bread Raisins
- **Lunch**: Beef Teriyaki Dippers Apples Cauliflower Chips

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**ATTENTION PARENTS AND GUARDIANS**

Sack breakfasts and lunches will be provided at no charge to all students during the 2021-2022 school year. Students at all grade levels are allowed to bring their own lunches if they choose. Per USDA Guidelines, if your student brings a lunch from home, they may purchase a milk for .60 cents.

**Lunch menus for Junior and Senior High School Students:**

Pizza will be offered every day, as well as a hot or cold sandwich choice. Another entrée will be offered each day depending on supply chain availability.

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This institution is an equal opportunity provider. Menus are subject to change.
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<thead>
<tr>
<th>Monday, September 13</th>
<th>Tuesday, September 14</th>
<th>Wednesday, September 15</th>
<th>Thursday, September 16</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Blueberry Muffin</td>
<td>Buttermilk Bar Fruit Cup</td>
<td>Mini Waffle Raisins</td>
<td>Snack Bar Fruit Cup</td>
<td>Banana Bread Raisins</td>
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<td>Raisin</td>
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<tr>
<td>Chicken Patty</td>
<td>Grilled Cheese</td>
<td>Cheese Pizza</td>
<td>Chicken Nuggets</td>
<td>Bean &amp; Cheese Burrito</td>
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<td>Sandwich</td>
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<td>Or Pepperoni</td>
<td>Orange</td>
<td>Apples</td>
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<td>Apples</td>
<td>Orange</td>
<td>Pizza Rippers</td>
<td>Broccoli</td>
<td>Cauliflower</td>
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<td>Carrot Sticks</td>
<td>Celery Sticks</td>
<td>Apples</td>
<td>Carrot Sticks, Chips</td>
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<td>Chips</td>
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**Thyme**

Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

**RIPPLE EFFECT.**

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what’s the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

**Covering Some Ground**

Believe it or not, there is no fixed size for a regulation soccer field, even at the pro level. Most pro fields are about 110 yards long and 75 yards wide. Turn those numbers into feet and multiply them together, and you’ll get the area of a typical pro soccer field – nearly 75,000 square feet! And the goalie has to cover 192 square feet of open goal!