



*DAILY ENTREE INCLUDES A CHOICE OF OPTION 1 OR OPTION 2
*ALL BREAD/GRAINS OFFERED ARE WHOLE GRAIN RICH

Bite into Broccoli during September's Harvest of the Month! Broccoli provides us with many key nutrients such as vitamin C and K which helps wounds heal, is important for the immune system, and is an antioxidant. Try adding broccoli florets to your favorite meals like scrambled eggs or an omelet at breakfast time. Pair raw broccoli with a healthy dip like hummus. Or try adding fresh or frozen chopped broccoli to pasta or salad. Bite into Broccoli this month and explore new foods!

M 2 NO SCHOOL LABOR DAY	T 3 CHEESE PIZZA OR PEPPERONI PIZZA	W 4 CHICKEN NUGGETS HOMEMADE ROLL OR PIZZABLE Sweet Potato Fries	TH 5 SOFT SHELL PORK TACO OR CHEESE QUESADILLA Shredded Lettuce Diced Tomatoes Salsa	F 6 WENZEL'S FARM BEEF & PORK HOT DOG ON BUN OR BAKED POTATO W/ HAM & CHEESE HOMEMADE ROLL Steamed Broccoli
M 9 CHEESE OR PEPPERONI PIZZA OR SUNBUTTER & JELLY SANDWICH STRING CHEESE Steamed corn	T 10 HAMBURGER OR VEGGIE BURGER Taco Chips / Salsa Pickles	W 11 CHEESE QUESADILLA OR CHICKEN FAJITA Shredded Lettuce Salsa	TH 12 MACARONI & CHEESE HOMEMADE ROLL OR TURKEY BURGER	F 13 HOMEMADE LASAGNA OR YOGURT & STRING CHEESE Homemade Roll
M 16 CHICKEN STRIP WRAP OR HAM SANDWICH	T 17 PORK NACHOS OR HOMEMADE BEAN & CHEESE BURRITO Spanish Rice Salsa Lettuce / Tomatoes	W 18 CHEESE RAVIOLI BREADSTICK OR GRILLED CHICKEN PATTY ON BUN Chocolate Chip Cookie	TH 19 CHEESE OMELET OR YOGURT & STRING CHEESE French Toast Bake Deli Roaster Potatoes	F 20 WENZEL'S FARM BEEF & PORK HOT DOG ON BUN OR CHEF SALAD WITH HAM HOMEMADE ROLL
M 23 BREADED CHICKEN PATTY ON BUN OR BEEF TACO QUESADILLAS SALSA	T 24 WHOLE GRAIN TOASTED CHEESE SANDWICH OR TURKEY SANDWICH Tomato Soup Saltine Crackers	W 25 TURKEY IN GRAVY OR CRUNCHY FISH STICKS Homemade Roll Mashed Potatoes Steamed Broccoli	TH 26 PORTESI CHEESE FRIES PIZZA SAUCE OR BREAKFAST POWER PACK	F 27 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
M 30 CHEESE FILLED BREADSTICKS PIZZA SAUCE OR CHICKEN DRUMSTICK HOMEMADE ROLL	<div style="display: flex; align-items: center; justify-content: center;">  </div>			

MILK, FRESH FRUIT + VEGETABLES OFFERED DAILY

KNOW YOUR FOOD

- VEGETARIAN**
- FARM TO SCHOOL**
- HARVEST OF THE MONTH**

LUNCH PRICES

FREE: NO CHARGE
PAID: \$2.30
REDUCED: \$0.40
A LA CARTE MILK: \$0.50
ADULT: \$4.65 CHILD VISITOR: \$3.00



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REAL FOOD FOR RAPIDS KIDS