



*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 1 NO SCHOOL LABOR DAY	T 3 PIZZA VARIETY	W 4 BEEF SHEPHERD'S PIE OR CHICKEN TENDERS Homemade Roll	TH 5 SOFT SHELL PORK TACO OR CHICKEN TACOS Shredded Lettuce Diced Tomatoes Salsa / Refried Beans	F 6 WENZEL'S FARM BEEF & PORK HOT DOG ON BUN OR BAKED POTATO W/ HAM & CHEESE HOMEMADE ROLL Steamed Broccoli 🌿
M 9 HONEY MUSTARD GLAZED CHICKEN SANDWICH OR CHEESE OR PEPPERONI PIZZA Vegetarian Baked Beans 🌿	T 10 CHEESEBURGER OR VEGGIE BURGER 🌿 Taco Chips / Salsa Chocolate Chip Cookie	W 11 CHEESE QUESADILLA OR CHICKEN FAJITA 🌿 Shredded Lettuce Tomatoes / Salsa Steamed Corn	TH 12 MACARONI & CHEESE OR BREADED HONEY SRIRACHA CHICKEN BITES 🌿 Steamed Vegetables Homemade Roll	F 13 HOMEMADE LASAGNA OR LENTIL PASTA WITH MARINARA 🌿 Homemade Roll
M 16 CHICKEN STRIP WRAP OR CRISPY FISH TACOS WITH LIME SRIRACHA SAUCE Sweet Potato Fries	T 17 CARNITAS PORK NACHOS OR HOMEMADE BEAN & CHEESE BURRITO 🌿 Fresh Salsa Refried Beans Spanish Rice	W 18 CHEESE RAVIOLI BREADSTICK OR BBQ SHREDDED PORK ON BUN 🌿 Creamy Coleslaw	TH 19 BREADED CHICKEN DRUMSTICK OR CHEESE OMELET 🌿 French Toast Bake Deli Roaster Potatoes	F 20 TURKEY BURGER ON BUN OR HOMEMADE PIZZA 🌿 Vegetarian Baked Beans
M 23 BREADED CHICKEN PATTY REGULAR OR SPICY OR PIZZA BURGER Roasted Vegetables	T 24 WHOLE GRAIN TOASTED CHEESE SANDWICH OR CHICKEN QUESADILLA 🌿 Tomato Soup Saltine Crackers	W 25 TURKEY IN GRAVY HOMEMADE ROLL OR BBQ RIB PATTY ON BUN Mashed Potatoes Steamed Broccoli 🌿	TH 26 TURKEY TACO FIESTA BOWL OR PORTESI CHEESE FRIES PIZZA SAUCE 🌿 Steamed Corn	F 27 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
M 30 BBQ SHREDDED PORK ON BUN OR CHEESE OR PEPPERONI PIZZA 🌿				

MILK, FRESH FRUIT + VEGETABLES OFFERED DAILY

KNOW YOUR FOOD

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

LUNCH PRICES

FREE: NO CHARGE
PAID: \$2.50 **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