

2024

SEPTEMBER

ALLEN GRADE SCHOOL BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>NO SCHOOL LABOR DAY</p>	<p>3</p> <p>Poptart String Cheese Mixed Fruit Juice and Milk</p>	<p>4</p> <p>Mini Cinnamon Rolls Peaches Juice and Milk</p>	<p>5</p> <p>Yogurt Granola Bar Mixed Fruit Juice and Milk</p>	<p>6</p> <p>Breakfast Pizza Pineapple Juice and Milk</p>
<p>9</p> <p>Cereal Bar String Cheese Peaches Juice and Milk</p>	<p>10</p> <p>French Toast with Syrup Pears Juice and Milk</p>	<p>11</p> <p>Double Chocolate Muffin String Cheese Pineapple Juice and Milk</p>	<p>12</p> <p>Omelet with Cheese Mixed Fruit Juice and Milk</p>	<p>13</p> <p>Honey Bun String Cheese Mandarin Oranges Juice and Milk</p>
<p>16</p> <p>Cereal Goldfish Crackers Applesauce Juice and Milk</p>	<p>17</p> <p>Waffle with Syrup Peaches Juice and Milk</p>	<p>18</p> <p>Breakfast Pizza Pears Juice and Milk</p>	<p>19</p> <p>Nutri-Grain Bar String Cheese Mixed Fruit Juice and Milk</p>	<p>20</p> <p>Pancake Sandwich Pears Juice and Milk</p>
<p>23</p> <p>Cereal Bar String Cheese Mandarin Oranges Juice and Milk</p>	<p>24</p> <p>Omelet with Cheese Pineapple Juice and Milk</p>	<p>25</p> <p>Mini Cinnamon Rolls Peaches Juice and Milk</p>	<p>26</p> <p>Poptart String Cheese Mixed Fruit Juice and Milk</p>	<p>27</p> <p>Cereal Goldfish Crackers Applesauce Juice and Milk</p>
<p>30</p> <p>Yogurt Granola Bar Mixed Fruit Juice and Milk</p>	<p>"An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life." (American Heart Association)</p>			

2024

SEPTEMBER

ALLEN GRADE SCHOOL LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>NO SCHOOL LABOR DAY</p>	<p>3</p> <p>Beef and Cheese Taco Chips and Salsa Corn Pineapple</p>	<p>4</p> <p>Pepperoni Pizza Roasted Broccoli Applesauce Cookie</p>	<p>5</p> <p>Sloppy Joes on Bun Tater Tots BBQ Baked Beans Applesauce</p>	<p>6</p> <p>Cheese Raviolis with Marinara Sauce Green Beans Peaches</p>
<p>9</p> <p>Cheeseburger on Bun Corn Tater Tots Peaches</p>	<p>10</p> <p>Cheese Quesadilla with Salsa Side Salad with Ranch Pineapple</p>	<p>11</p> <p>Hot Dog on Bun BBQ Baked Beans French Fries Applesauce</p>	<p>12</p> <p>Chicken Alfredo Peas and Carrots Peaches</p>	<p>13</p> <p>Cheese Pizza Corn Mixed Fruit Cookie</p>
<p>16</p> <p>Mac and Cheese Peas and Carrots Pears</p>	<p>17</p> <p>Chicken and Cheese Taco Chips and Salsa Corn Mandarin Oranges</p>	<p>18</p> <p>11:30 Dismissal SACK LUNCH Turkey and Cheese Sub Baby Carrots with Ranch Applesauce</p>	<p>19</p> <p>Breaded Chicken Patty on Bun BBQ Baked Beans Broccoli Mixed Fruit</p>	<p>20</p> <p>Bosco Sticks with Marinara Sauce Green Beans Peaches</p>
<p>23</p> <p>BBQ Pulled Pork on Bun BBQ Baked Beans Tater Tots Pears</p>	<p>24</p> <p>Build your own Beef and Cheese Nachos Side Salad Chips and Salsa Pineapple</p>	<p>25</p> <p>Mini Corn Dogs French Fries Carrots Mixed Fruit</p>	<p>26</p> <p>Spaghetti with Meat Sauce Green Beans Peaches</p>	<p>27</p> <p>Peanut Butter and Jelly Uncrustable Baby Carrots with Ranch Applesauce Cookie</p>
<p>30</p> <p>Lasagna Roll Ups Roasted Broccoli Mixed Fruit</p>	<p>"Children and teens need more sleep than adults, and the amount varies by age. Too little sleep is associated with obesity, partly because inadequate sleep may make us eat more and be less physically active." (CDC.gov)</p>			