

SEPTEMBER

PHILIPPIANS 4:13 "I CAN DO ALL THINGS
THROUGH HIM WHO STRENGTHENS ME."

MON

TUE

WED

THU

FRI

01	LABOR DAY	02	CHICKEN QUESADILLAS YELLOW RICE VEGETABLE FRUIT 590 Cal, 35 Protein, 18.5 Fat	03	SWEET & SOUR CHICKEN WHITE RICE VEGETABLE FRUIT 570 Cal, 20 Protein, 12 Fat	04	CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	05	PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
08	BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat	09	NACHOS WITH BEEF OR CHEESE VEGETABLE FRUIT 308 Cal, 22.2 Protein, 28 Fat	10	CHICKEN NUGGETS MASHED POTATO VEGETABLE 480 Cal, 18 Protein, 20 Fat	11	HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	12	PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
15	SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	16	SOFT TACOS YELLOW RICE BLACK BEANS FRUIT 458 Cal, 31.2 Protein, 22 Fat	17	SWEET & SOUR CHICKEN WHITE RICE VEGETABLE FRUIT 570 Cal, 20 Protein, 12 Fat	18	CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	19	PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
22	BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat	23	CHICKEN QUESADILLAS YELLOW RICE VEGETABLE FRUIT 590 Cal, 35 Protein, 18.5 Fat	24	CHICKEN NUGGETS MASHED POTATO VEGETABLE 480 Cal, 18 Protein, 20 Fat	25	HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	26	EARLY RELEASE
29	SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	30	NACHOS WITH BEEF OR CHEESE VEGETABLE FRUIT 308 Cal, 22.2 Protein, 28 Fat						

Nutrition content based on broccoli as vegetable and strawberry as fruit.