

Tuesday, September 1

(A) Spaghetti with Meat Sauce
Or (B) Monster Mac and Cheese
Fresh Side Salad, Warm Garlic Stick
Frozen Dessert

Wednesday, September 2

(A) Beefy Burger
Or (B) New All Beef Hot Dog
Crinkle Cut Fries
Fresh Fruit Selection
Homemade Dessert

Thursday, September 3

(A) Cheese Quesadilla
Or (B) Sub Sandwich
Nacho Chips

Fruit Cup and Dessert Treat

Friday, September 4

PIZZA DAY
Veggies & Dip
Dessert Treat

GREEN YOUR LABOR DAY TRAVEL PLANS

Use public transportation. When traveling, consider using public transportation when available rather than renting a car. It's easy and will usually save you money.

Try to frequent locally owned hotels, shops, and restaurants so that more of your dollars will help to stimulate the local economy.

Opt for green hotels when you can and let lodging management know if you don't require clean sheets and towels every day.

Monday, September 7

Labor Day
No School

Tuesday, September 8

Chicken Tender Strips
Creamy Mac and Cheese
Seasoned Veggies
Fresh Fruit Cup

Wednesday, September 9

(A) Max Pizza Sticks
Or (B) Jumbo Corn Dog
Seasoned Veggies
Frozen Dessert

Thursday, September 10

(A) Baked Ziti & Warm Garlic Breadstick
Or (B) Crispy Chicken Sandwich & Chips
Garden Salad
Fruit Cup

Friday, September 11

PIZZA DAY
Veggies & Dip
Dessert Treat

Questions or Comments: info@slamgmt.com

Monday, September 14

Golden Chicken Nuggets
Buttery Mashed Potatoes
Crisp Green Beans
Fresh Fruit Cup

Tuesday, September 15

(A) Jumbo Corn Dog with
Creamy Mac and Cheese
Or (B) Sub Sandwich with Chips
Seasoned Veggies
Homemade Dessert

Wednesday, September 16

(A) Fiestada Personal Pizza
Or (B) Cheese Quesadilla
Fresh Side Salad Or Veggies
Frozen Dessert

Thursday, September 17

(A) Grilled Cheese Sandwich
Or (B) Crispy Chicken Sandwich
Crinkle Cut Fries
Fruit
Homemade Dessert

Friday, September 18

PIZZA DAY
Veggies & Dip
Dessert Treat

NUTRITION TRIVIA

Don't Sugarcoat It!

Added sugars contribute calories to our foods, with few, if any, nutrients.

How can you avoid unwanted sugars?

Read product labels: Remember ingredients are listed in descending order of predominance. The first ingredient is the most prevalent in the product.

Be Aware: Other common names for added sugars can include syrup, corn syrup, malt syrup, fruit juice concentrate, honey, molasses, brown sugar, corn sweetener, dextrose, fructose, glucose, lactose, maltose and sucrose.

Choose foods and beverages that do not list sugars as one of the first ingredients.

Monday, September 21

Golden Chicken Tenders
Creamy Mashed Potatoes
Seasoned Veggies
Fresh Fruit Cup

Tuesday, September 22

(A) Spaghetti with Meat Sauce
Or (B) Monster Mac and Cheese
Fresh Side Salad, Warm Garlic Stick
Frozen Dessert

Wednesday, September 23

(A) Taco Salad
Or (B) Mozzarella Sticks
with Marinara Dipping Sauce
Seasoned Veggies and Fruit Cup

Thursday, September 24

(A) French Toast Sticks and Syrup
with Lean Sausage Links
Golden Tator Tots & Cinnamon Apples
Or (B) Piggie Stix with
Golden Tator Tots,
Cinnamon Apples and Yogurt

Friday, September 25

PIZZA DAY
Veggies & Dip
Dessert Treat

Monday, September 28

Crispy Chicken Nuggets
Creamy Mashed Potatoes, Green Beans
Fresh Fruit Cup

Tuesday, September 29

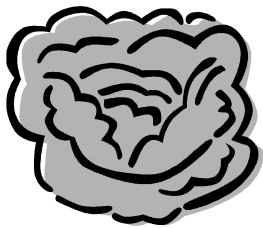
(A) Beefy Burger
Or (B) New All Beef Hot Dog
Crinkle Cut Fries, Fresh Fruit Selection
Homemade Dessert

Wednesday, September 30

(A) BBQ Sandwich
Or (B) Crispy Chicken Sandwich
Crinkle Cut Fries, Seasoned Veggies
Frozen Dessert

FUN VEGGIE FACT.

Lettuce is a member of the sunflower family.



In the United States lettuce ranks second only to potatoes as the most popular vegetables.

SLA Management is sensitive to the needs of all students with allergies; however we cannot be absolutely certain that all food products are free from potential allergens, notably peanut or peanut related products. If a student has a severe allergy we strongly advise you consider other lunch options.