

**SEPTEMBER FAIRMOUNT MENU**

MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30
		<p align="center">Grilled Cheeseburger on a Whole Grain Bun</p> <p align="center">Lemony Broccoli and Cauliflower Florets Watermelon Wedges Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p align="center">Classic Beef Stew with a Whole Grain Roll</p> <p align="center">Rice and Beans Oven Fried Sweet Plantains Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p align="center">Cheese Whole Grain Pizza with Homemade Sauce</p> <p align="center">Tossed Salad with Low Fat Dressing, California Vegetable Medley Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/2	TUESDAY 9/3	WEDNESDAY 9/4	THURSDAY 9/5	FRIDAY 9/6
<p align="center">No School</p>	<p align="center">Macaroni and Cheese</p> <p align="center">Southern Collard Greens Diced Oven Roasted Sweet Potatoes Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p align="center">4 Cheese Baked Ziti</p> <p align="center">Mediterranean Vegetable Blend Cheesy Garlic Bread Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p align="center">Local Peach Barbecue Glazed Chicken Breast with Whole Grain Buttermilk Biscuit</p> <p align="center">Steamed Corn on the Cob Quartered Herb Roasted Red Potatoes Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p align="center">Cheese Whole Grain Pizza with Homemade Sauce</p> <p align="center">Tossed Salad with Low Fat Dressing, California Vegetable Medley Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/9	TUESDAY 9/10	WEDNESDAY 9/11	THURSDAY 9/12	FRIDAY 9/13
<p align="center">Calypso Chicken Breast</p> <p align="center">Curried Summer Vegetable Blend Island Peas and Rice Fresh Hand Fruit and Fresh Melon 1% Milk or FF Chocolate Milk</p>	<p align="center">Ground Beef Tacos</p> <p align="center">Refried Beans Chili Lime Corn Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p align="center">Grilled Hot Dog on a Whole Grain Bun</p> <p align="center">Grilled Zucchini Potato and Egg Salad Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p align="center">Turkey Burger on a Whole Grain Bun</p> <p align="center">Scallion Rice Seasoned Steamed Cabbage Fresh Hand Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p align="center">Cheese Whole Grain Pizza with Homemade Sauce</p> <p align="center">Tossed Salad with Low Fat Dressing, Quartered Herb Roasted Red Potatoes Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/16	TUESDAY 9/17	WEDNESDAY 9/18	THURSDAY 9/19	FRIDAY 9/20
<p align="center">Spaghetti and Meatballs</p> <p align="center">Steamed Broccoli Cheesy Garlic Bread Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p align="center">Grilled Chicken Fajitas with Peppers and Onions</p> <p align="center">Cajun Cole Slaw Red Beans and Rice Fresh Hand Fruit and Diced Pineapple 1% Milk or FF Chocolate Milk</p>	<p align="center">Whole Grain Chicken Tenders with Dipping Sauces</p> <p align="center">Baked French Fries California Blend Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p align="center">Turkey Pot Pie with Whole Grain Biscuits</p> <p align="center">Crispy Potato Wedges California Blend Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p align="center">Cheese Whole Grain Pizza with Homemade Sauce</p> <p align="center">Sweet Potato Fries Key Largo Vegetables Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/23	TUESDAY 9/24	WEDNESDAY 9/25	THURSDAY 9/26	FRIDAY 9/27
<p align="center">Teriyaki Chicken Strips</p> <p align="center">Vegetable Fried Rice Asian Stir Fry Vegetables Fresh Hand Fruit and Diced Pineapple 1% Milk or FF Chocolate Milk</p>	<p align="center">Ground Beef Tacos</p> <p align="center">Spanish Rice Tex Mex Salad (diced tomatoes, roasted corn, black beans, diced peppers, crisp romaine, tortilla strips, and cheddar cheese) Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p align="center">Baked Chicken Nuggets</p> <p align="center">Steamed Corn on the Cob Quartered Herb Roasted Red Potatoes Fresh Hand Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p align="center">Smoked Barbecue Brisket with Whole Grain Roll</p> <p align="center">Sweet Potato Fries Key Largo Vegetables Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<p align="center">Cheese Whole Grain Pizza with Homemade Sauce</p> <p align="center">Pesto Parmesan Risotto Pacific Vegetable Blend Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>