

*Featured Specials of the Day*

**Monday, September 13**

Menu Line: Chicken Tenders

Alternate Line: Pizza Slice or Deli Hoagie

**Tuesday, September 14**

Menu Line: Beef Soft Shell Taco

Alternate Line: Pizza Slice or Chicken Patty

**Wednesday, September 15**

Menu Line: Mini Corn Dog Nuggets

Alternate Line: Pizza Slice or Chicken Nuggets

**Thursday, September 16**

Menu Line: Grilled Cheese & Soup Cup

Alternate Line: Pizza Slice or Corn Dog Nuggets

**Friday, September 17**

Menu Line: Buffalo Chicken Pizza

Alternate Line: Pizza Slice or Chicken Patty



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**Monday, September 20**

Menu Line: Chicken Patty Sandwich

Alternate Line: Pizza Slice or Cheeseburger

**Tuesday, September 21**

Menu Line: Double Cheeseburger

Alternate Line: Pizza Slice or Chicken Tenders

**Wednesday, September 22**

Menu Line: Toasted Italian Hoagie

Alternate Line: Pizza Slice or Chicken Nuggets

**Thursday, September 23**

Menu Line: Quesadilla Pizza Wedge

Alternate Line: Pizza Slice or Corn Dog Nuggets

**Friday, September 24**

Menu Line: BOSCO Sticks with Pizza Sauce

Alternate Line: PB&J Sandwich

*Featured Specials of the Day*

**Monday, September 27**

Menu Line: Steak & Cheese Hoagie

Alternate Line: Pizza Slice or Chicken Tenders

**Tuesday, September 28**

Menu Line: Chicken Tenders with

Whipped Potatoes & Gravy

Alternate Line: Pizza Slice or Deli Hoagie

**Wednesday, September 29**

Menu Line: French Toast Sticks / Sausage

Alternate Line: Pizza Slice or Corn Dog Nuggets

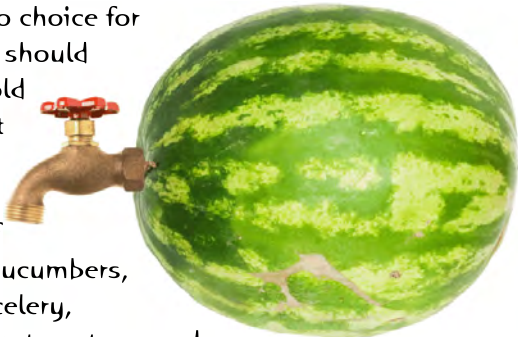
**Thursday, September 30**

Menu Line: Grilled Cheese & Soup Cup

Alternate Line: Pizza Slice or Chicken Nuggets

**EAT YOUR WATER.**

Your go-to choice for hydration should be good old H<sub>2</sub>O. But foods like water-melon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**59 BY THE NUMBERS**  
THE PERCENTAGE OF TEENAGERS WHO REPORT WATCHING COOKING OR FOOD SHOWS ON TV OR ON-LINE.

**GRAIN**  
**Corn**  
You read that right – corn is actually a grain, although we often think of it as a veggie. And whether you're eating corn on the cob or popcorn, corn kernels are always 100% whole grain!  
**OF THE MONTH**