*WEEKLY BULLETIN*

**Fresh salad bar and a variety of fresh and canned fruits offered daily.**

**Assorted low fat and fat free milk offered daily – morning juice choice offered daily.**

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| **Menu**  **Monday, Sep. 16th**  **Breakfast:** Muffin or pop-tart, yogurt, cereal, fruit  **Lunch:** Pigs in a blanket, french fries, baked beans, fruit, jello | **Activities**  JV FB @ Norton 6 PM  Fresh VB @ ThunderRidge 5:00 |
| **Tuesday, Sep. 17th**  **Breakfast:** Egg & turkey or pop-tart, string cheese, cereal, fruit  **Lunch:** Chicken strips, 9-12 bread sticks, corn, marinara sauce, 6-12 cookie, 9-12 spanish rice, fruit | HS VB @ SC vs Norton, Stockton 5 PM |
| **Wednesday, Sep. 18th**  **Breakfast:** Donut or pop-tart, cereal, fruit  **Lunch:** Spaghetti & meat sauce, green beans, garlic toast, sherbet, fruit | FCA @ 7:30 AM  Lab Night @ Mr. Lin’s room 6:30 – 9:00 PM |
| **Thursday, Sep. 19th**  **Breakfast:** Breakfast bar or breakfast burrito, pop-tart, fruit  **Lunch:** Taco salad, K-8 tortilla chips, salsa, refried beans, cinnamon tip roll, fruit | HS XC @ SC 4:30  JH VB @ SC vs TMP 4:30  JH FB @ SC vs TMP 6 PM |
| **Friday, Sep 20th**  **Breakfast:** French toast sticks, sausage patty or pop-tart, cereal, fruit  **Lunch:** Chicken & noodles, roll, mashed potatoes, steamed carrots, cookie, fruit  **Saturday, Sep 21st** | HS FB @ Philipsburg 7 PM  HS VB Tournament @ Rep. County 9 AM  JH VB Tournament @ Plainville 9 AM |

**Second Entrée Choices Include:**  “This institution is an equal opportunity provider.”

**K-8: Chef Salad-Monday, Wednesday, Friday**

**K-8: Turkey & Cheese Sandwich-Tuesday, Thursday**

**9-12: Chef Salad or Turkey & Cheese Sandwich Daily**