# September 2023

## DID YOU KNOW

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

## Breakfast and Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
</tbody>
</table>

### Breakfast includes:
- Entrée or PB&J Combo (Sandwich (sun butter available upon request), Cheese Stick, WG Crackers)
- Fresh Fruit and Vegetables
- Choice of Milk: 1% White Milk, *Vanilla Soy Milk or *Lactose Free Milk (*when available)

If your student has a food allergy, you can request a food allergy form from the office.

### Lunch includes:
- Macaroni & Cheese
- Garlic Bread
- Cheese Stick, WG Crackers
- Fresh Fruit
- Juice 4 oz.
- Milk 8 oz.

### Meals are available:
- For all students at no charge.

### Menus are subject to change:
- Due to availability.

This institution is an equal opportunity provider.