

Welcome  
Back!

Menus for  
September  
2024



**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

One item has been on our menu since the end of World War II.

*Education.* That's what we've been serving for nearly 80 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready -- ready to learn and ready to live healthy lives. That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables, and whole grains. And that's why we'll continue to do whatever it takes to make sure that we serve education every day.

**ALL STUDENTS EAT  
ALL MEALS @ NO COST  
AGAIN THIS YEAR**

**School Meals**  
*We serve education every day™*

*Sapulpa Public Schools Child Nutrition*

**FSD5 Johnsonville Elementary, Johnsonville Middle, PDCAP Headstart**

This institution is an equal opportunity provider. Menus are subject to change.

**Last Chance  
to Bask!**  
Labor Day Monday, Sept. 2  
Enjoy your day off!

**Tuesday, September 3**

**Breakfast**

Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Beef Tacos  
Pinto Beans  
Let/Tom  
Fruit & Milk Choice

**Wednesday, September 4**

**Breakfast**

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Beefy Macaroni  
Corn  
Salad w/ Ranch  
Breadstick  
Fruit & Milk Choice

**Thursday, September 5**

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Chicken Nuggets  
Yams  
Green Beans  
Roll  
Fruit & Milk Choice

**Friday, September 6**

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Corn Dog  
French Fries  
Beans  
Fruit & Milk Choice

**Monday, September 9**

**Breakfast**

Mini Waffles  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

**Tuesday, September 10**

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Walking Taco  
Black Beans  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, September 11**

**Breakfast**

Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Steak & Gravy  
Mashed Potatoes  
Broccoli w/ Cheese  
Roll  
Fruit & Milk Choice

**Thursday, September 12**

**Breakfast**

Breakfast Pizza  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Teriyaki Chicken w/ Rice  
Steam Broccoli  
Glazed Carrots  
Roll  
Fruit & Milk Choice

**Friday, September 13**

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Fish Sticks w/ Tarter  
Chips  
Lettuce / Tomato / Mayo  
Carrots w/ Ranch  
Fruit & Milk Choice

Monday, September 16

**Breakfast**

Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Pork Chop Sandwich  
Let/Tom  
French Fries  
Fruit & Milk Choice

Tuesday, September 17

**Breakfast**

Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Mexican Pizza  
Pinto Beans  
Salad w/ Ranch  
Fruit & Milk Choice

Wednesday, September 18

**Breakfast**

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Spaghetti w Meat Sauce  
Green Beans, Yams  
Carrots w/ Ranch  
Roll  
Fruit & Milk Choice

Thursday, September 19

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
BBQ Chicken  
Broccoli w/ Cheese  
Mashed Potatoes  
Roll  
Fruit & Milk Choice

Friday, September 20

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Hot Dog w/ Chili  
French Fries  
Beans  
Fruit & Milk Choice

Monday, September 23

**Breakfast**

Mini Waffles  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Rib Sandwich  
Sweet Pot Fries  
Broccoli w/ Cheese  
Fruit & Milk Choice

Tuesday, September 24

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Chicken Empanadas  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

Wednesday, September 25

**Breakfast**

Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Shepherd's Pie  
Mixed Vegetables  
Mashed Potatoes  
Roll  
Fruit & Milk Choice

Thursday, September 26

**Breakfast**

Breakfast Pizza  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Garlic Parm wings  
Green Beans  
Macaroni w/ Cheese  
Carrots w/ Ranch  
Fruit & Milk Choice

Friday, September 27

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

Monday, September 30

**Breakfast**

Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
French Fries  
Fruit & Milk Choice



Every complete meal we serve comes with your choice of milk!



**LICKETY SPLIT.**

Hummingbirds can drink nectar from flowers at the rate of 13 licks per second! No wonder the Portuguese call the bird "beija-flor," or "flower kisser."

**ANIMAL APPETITES**



What's on **YOUR** plate?

**Sweet, Cool, AND Clean!**

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



**OUR 50 STATES**

**FLORIDA**

"The Sunshine State"  
Admitted to the Union March 3, 1845 as the 27th State  
State Capital: Tallahassee