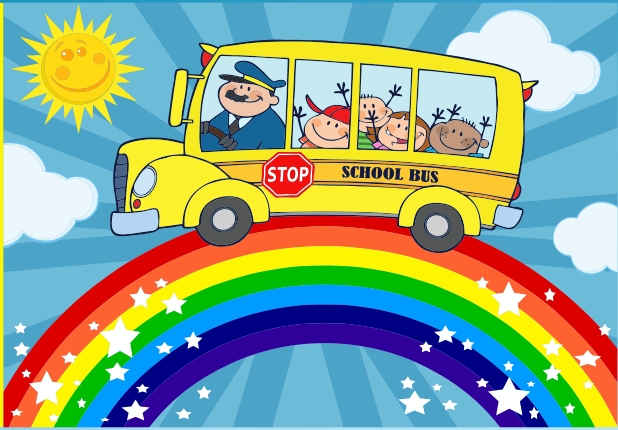


Welcome
Back!

Menus for
September
2024



FSD5 Johnsonville High School

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

**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.

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 Uncrustable or Beef Tacos or Chicken Salad Croissant
Broccoli, 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 Uncrustable or Beef Stroganoff or BBQ Pork
Corn, Cole Slaw
Salad w/ Ranch
Roll
Fruit & Milk Choice

Thursday, September 5

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Buffalo Nuggets or BBQ 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 Uncrustable or Pizza or Corn Dog
French Fries
Beans, Salad w/ Ranch
Fruit & Milk Choice

Monday, September 9

Breakfast
Mini Waffles
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Cheeseburger or Fish Sandwich
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 Uncrustable or Walking Taco or Grilled Cheese
Black Beans, Broccoli
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, September 11

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Steak & Gravy or Teriyaki Chicken
Brown Rice,
Broccoli w/ Cheese,
Green Peas, Roll
Fruit & Milk Choice

Thursday, September 12

Breakfast
Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Garlic Parm Wings or BBQ Pork on Bun
Green Bean, Veggie Sticks,
Mac and Cheese,
Roll
Fruit & Milk Choice

Friday, September 13

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Turkey Cheese Wrap, or Cheese Pizza
Chips
Lettuce / Tomato / Mayo
Carrots w/ Ranch
Fruit & Milk Choice

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

School Meals
We serve education every day™

Sapulpa Public Schools Child Nutrition

Monday, September 16

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pork Chop Sandwich or
Fish Sticks w/ Tarter
Broccoli w/ Cheese,
Sweet Potato Fries
Fruit & Milk Choice

Tuesday, September 17

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Chicken Caesar Wrap or
Mexican Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, September 18

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Beefy Mac or Rib Sandwich
Steamed Broccoli,
Salad w/ Ranch
Carrots w/ Ranch, Roll
Fruit & Milk Choice

Thursday, September 19

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Buffalo Chicken Nuggets or
Mandarin Orange Chicken
Rice, Broccoli w/ Cheese
Roll, Cole Slaw
Fruit & Milk Choice

Friday, September 20

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pizza 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 Uncrustable or
Cheese Burger or
Ham & Cheese Sammy
Salad w/ Ranch,
Corn, Cucumber Slices
Fruit & Milk Choice

Tuesday, September 24

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Chicken Empanadas or
Turkey Cheese Croissant
Baby Carrots, Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, September 25

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Shrimp n Grits or
Pork Carnitas and Grits
Mixed Vegetables
Roll
Fruit & Milk Choice

Thursday, September 26

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
White BBQ Chicken Sammy
Buffalo Wings
Green Beans, Yams
Roll
Carrots w/ Ranch
Fruit & Milk Choice

Friday, September 27

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pizza or
Ham and Cheese on Bun
Corn, Sun Chips
Salad w/ Ranch
Fruit & Milk Choice

Monday, September 30

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Baked Spaghetti or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Corn, Garlic Breadstick
Fruit & Milk Choice



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

LICKETY SPLIT.

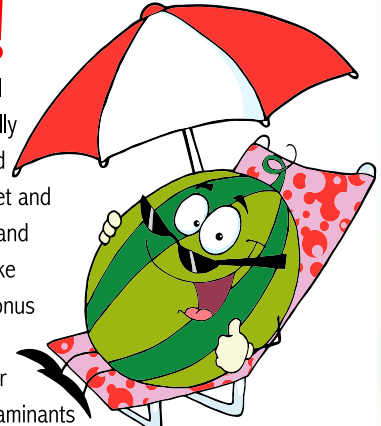
Hummingbirds
can drink nectar from
flowers at the rate of 13 licks
per second! No wonder the Portuguese
call the bird "beija-flor," or "flower kisser."

ANIMAL APPETITES



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



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