

# Menus for SEPTEMBER 2023

Florence School District Five and  
Johnsonville PDCAP Headstart

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



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

Sept. 11, 2001



*In eternal  
remembrance of the  
victims, in continued  
support of their  
families, and in  
undying gratitude to  
the heroes.*

# YOU'RE GOOD

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

FLORENCE SCHOOL DISTRICT 5

## HAPPY LABOR DAY!



Try not to be **BLUE**  
about Summer's end -  
enjoy the last sweet  
days of the season  
**BERRY** much!

**Tuesday, September 5**

### Breakfast

Pancakes  
Fruit, Juice, & Milk  
Choice

### Lunch

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

**Wed., September 6**

### Breakfast

Pop Tart and Yogurt  
Fruit, Juice, & Milk  
Choice

### Lunch

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

**Thursday, September 7**

### Breakfast

Breakfast Pizza,  
Fruit, Juice, & Milk  
Choice

### Lunch

Southwest Salad w/  
Chicken  
Or  
Taco w/ Tostitos  
Pinto Beans  
Lettuce & Tomato  
Fruit & Milk Choice

**Friday, September 8**

### 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 11**

### Breakfast

Blueberry Muffin  
Fruit, Juice, & Milk  
Choice

### Lunch

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

**Tuesday, September 12**

### Breakfast

Pancake Pup  
Fruit, Juice, & Milk  
Choice

### Lunch

Chef Salad w/ Ham  
Or  
Hamburger  
French Fries  
Lettuce / Tomato /  
Mayo  
Fruit & Milk Choice

**Wed., September 13**

### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk  
Choice

### Lunch

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

**Thursday, September 14**

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk  
Choice

### Lunch

Southwest Salad w/  
Chicken  
Or  
Breakfast for Lunch  
Sausage  
Tater Tots, Biscuit  
Sliced Tomatoes /  
Sun Splash Juice  
Fruit & Milk Choice

**Friday, September 15**

### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk  
Choice

### Lunch

Chef Salad w/ Ham  
Or  
Turkey & Cheese Wrap  
Chips  
Lettuce / Tomato /  
Mayo  
Carrots w/ Ranch  
Fruit & Milk Choice

## Word of the Month

# gra·cious

- adj.* 1. characterized by  
kindness and warm courtesy  
2. merciful, compassionate  
3. elegant, charming

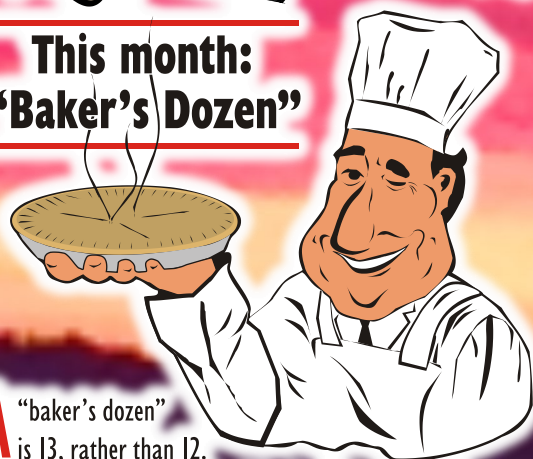


Where do all of our crazy names for food come from?



# WORDS OF MOUTH

## This month: "Baker's Dozen"



A "baker's dozen" is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!

Monday, September 18

### Breakfast

Pancakes  
Fruit, Juice, & Milk Choice

### Lunch

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

Tuesday, September 19

### Breakfast

Sausage Wrap  
Fruit, Juice, & Milk Choice

### Lunch

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

Wed., September 20

### Breakfast

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Chicken Nuggets  
Macaroni & Cheese  
Green Beans  
Carrots w/ Ranch Roll  
Fruit & Milk Choice

Thursday, September 21

### Breakfast

Breakfast Pizza,  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

Friday, September 22

### 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 25

### Breakfast

Blueberry Muffin  
Fruit, Juice, & Milk Choice

### Lunch

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

Tuesday, September 26

### Breakfast

Pancake Pup  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Waffle Fries  
Fruit & Milk Choice

Wed., September 27

### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk Choice

### Lunch

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

Thursday, September 28

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Breakfast for Lunch  
Sausage, Biscuit  
Cheese Grits  
Sliced Tomatoes  
Sun Splash Juice  
Fruit & Milk Choice

Friday, September 29

### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Turkey & Cheese Wrap  
Chips  
Lettuce / Tomato / Mayo  
Carrots w/ Ranch  
Fruit & Milk Choice

# MAY CONTAIN PORCUPINE.

The fisher is a cat-sized weasel that lives in wooded areas in New England and elsewhere in the U.S. Along with the mighty mountain lion, the little fisher is the only predator that regularly preys on porcupines. When the porcupine shows the fisher the deadly quills on its rear, the fisher jumps completely over it to get face-to-face again, and repeats this tactic until the porcupine grows confused and tired and weakens.

## ANIMAL APPETITES



## NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

## A QUICK BITE FOR PARENTS