

September 2020

Rock Creek JA

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Quesadilla Toppings Corn Fruits	2. Grilled Cheese Chips Applesauce	3. Chicken Nuggets Buttered Noodles Broccoli Fruit	4. Pizza Fruit Veggie
7. No School- Labor Day	8. Mini Corndog Cheddar Tots Fruit	9. Chicken Tenders Carrot Sticks Fruit	10. Sub Sandwich w/cheese Chips Juice Box	11. Pizza Fruit Veggie
14. Burrito w/ Toppings Corn Fruit Cocktail	15. Frito Pie Broccoli Orange/Pineapple Blend	16. Lasagna Rolls Meat Sauce Roll Salad, Fruit	17. Hamburger Fries Peaches	18. Pizza Fruit Veggie
21. Hot Dog/Chili Baked Beans Pears	22. Chicken & Dumplings Green Beans Juice Box	23. Sausage Biscuit Hash brown Banana	24. Southern Style Chicken Sandwich Potato Wedges Fresh Fruit	25. Pizza Fruit Veggie
28. Toast Ravioli Tossed Salad Applesauce Garlic Toast	29. Quesadilla Toppings Corn Fruits	30. Grilled Cheese Soup Chips Applesauce	8 ounce 1% milk, skim chocolate milk, or 8 ounce water available daily.	

‘...even as
the Son of
Man came
not to be
served but
to serve,
and to give
his life as a
ransom for
many.’

Matthew