

# September 2020

## Coffee County Elementary Schools



**More days to remember:**

- 9/13 Grandparents' Day
- 9/17 Citizenship Day
- 9/25 Native American Day



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.



Reference: USDA MyPlate

### Monday

*Birthday Friday is on September 25! We will serve cupcakes for all the birthdays being celebrated this month!*

### Tuesday

### Wednesday

### Thursday

### Friday

Labor Day 7  
No School

Chicken & Rice w/ Honey Wheat Roll 8  
Steak Sandwich  
Black-eyed Peas  
Sweet Carrots  
Mixed Fruit Cup

Oven Fried Chicken with Cornbread 9  
Cheese Sandwich  
Rice & Tomato Gravy  
Broccoli  
Sliced Peaches

Spaghetti & Meat Sauce w/ Garlic Breadstick 10  
Ham & Cheese Sandwich  
Corn on the Cob  
Combination Salad  
Pineapple Tidbits

Cheeseburger PB&J w/ cheese stick 11  
Oven Fries  
Raw Veggies  
Apple

Popcorn Chicken Nuggets & Cornpuppies 14  
Hot Dog  
Sweet Potato Fries  
Raw Veggies  
Pineapple Tidbits

Tacos w/ Nacho Chips 15  
Ham & Cheese Sandwich  
Baked Potato  
Refried Beans  
Cinnamon Roll

Salisbury Steak & Cornpuppies 16  
Turkey Sandwich  
Mashed Potatoes  
Seasoned Green Beans  
Oranges

Early Release Day for Parent/Teacher Conferences 17  
PB&J Sack Lunch

Chicken Sandwich PB&J w/ Cheese Stick 18  
Oven Fries  
Baked Beans  
Fresh Blueberries

Steak Nuggets w/ Roll 21  
Fish Filet Sandwich  
Tater Tots  
Combination Salad  
Oranges

Asian Chicken Nuggets 22  
Chicken Quesadilla  
Asian Rice  
Sweet Carrots  
Cornbread  
Strawberries Fortune Cookie

Meatloaf w/ Cornpuppies 23  
Turkey Sandwich  
Mashed Potatoes  
Seasoned Green Beans  
Sliced Peaches

Oven Fried Chicken 24  
Steak Sandwich  
Rice & Tomato Gravy  
Broccoli  
Honey Wheat Roll  
Blueberries Choc.Chip Cookie

Bacon Cheeseburger PB&J w/ Cheese Stick 25  
Oven Fries  
Raw Veggies  
Fresh Apple Slices  
**Birthday Cupcakes!**

Cheese Pizza 28  
Popcorn Chicken Nuggets & Wheat Roll  
Whole Kernel Corn  
Raw Veggies  
Fruit Cup

Chicken & Rice w/ Cornpuppies 29  
Steak Sandwich  
Black-eyed Peas  
Sweet Carrots  
Mixed Fruit Cup

Oven Fried Chicken w/ Cornbread 30  
Cheese Sandwich  
Rice & Tomato Gravy  
Broccoli  
Pineapple Tidbits

