September 11, 2001

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu</th>
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| Wed., September 9| WELCOME BACK!
Popcorn Chicken with Dip
Whole Grain Muffin
Golden Corn
Mandarin Oranges  |
| Milk Choice:     | Fat Free Chocolate
Fat Free White
Low Fat White     |
| Thursday, September 10| Hot Dog on a WW Bun
with Sauerkraut
Mashed Potatoes
Fresh Fruit       |
| Milk Choice:     | Fat Free Chocolate
Fat Free White
Low Fat White     |
| Friday, September 11| Whole Grain Cheese or
Pepperoni Pizza
Hash Brown Potato
Fresh Carrots with Dip
Pineapples        |
| Milk Choice:     | Fat Free Chocolate
Fat Free White
Low Fat White     |

**Available Daily**

- Sunbutter & Jelly on WW Bread
- Cheese Sandwich on WW Bread
- Whole Grain Cereal (2)
- Low Fat String Cheese
- Low Fat Yogurt
- Tossed Salad w/ Fresh Vegetables

**Word of the Month**

**pride**

1. a sense of one's own proper dignity or value; self-respect
2. pleasure or satisfaction taken in a special accomplishment
<table>
<thead>
<tr>
<th>Monday, September 21</th>
<th>Tuesday, September 22</th>
<th>Wed., September 23</th>
<th>Thursday, September 24</th>
<th>Friday, September 25</th>
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<tbody>
<tr>
<td><strong>WG Popcorn Chicken with Dip</strong>&lt;br&gt;Whole Grain Biscuit &amp; Jelly&lt;br&gt;Mashed Potatoes with Gravy&lt;br&gt;100% Fruit Juice</td>
<td><strong>Taco Tuesday</strong>&lt;br&gt;Soft Taco with LF Cheese, Lettuce, Tomato, and Sauce&lt;br&gt;Brown Rice&lt;br&gt;Golden Corn&lt;br&gt;Pears</td>
<td><strong>Wed., September 23</strong>&lt;br&gt;Turkey &amp; Cheese Sandwich on Whole Wheat Roll&lt;br&gt;Tossed Salad with Fresh Vegetables&lt;br&gt;Baked Chips&lt;br&gt;Peaches</td>
<td><strong>Thursday, September 24</strong>&lt;br&gt;Meatball Parm Sandwich on Whole Wheat Club Roll&lt;br&gt;Green Beans&lt;br&gt;100% Fruit Juice</td>
<td><strong>Friday, September 25</strong>&lt;br&gt;Whole Grain Cheese or Pepperoni Pizza&lt;br&gt;Oven Baked French Fries&lt;br&gt;Fresh Carrots with Dip&lt;br&gt;Pineapples</td>
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**Milk Choice:**<br>Fat Free Chocolate<br>Low Fat White

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**OUR NATION’S HISTORY**

Christa McAuliffe was a high school teacher in New Hampshire when she was chosen from more than 11,000 applicants to be the first teacher in space. She, along with six other crew members, was killed when the Space Shuttle Challenger broke apart soon after taking off on January 28, 1986. She had taught Social Studies and even designed a class for her students called “The American Woman.” Christa was born on September 2, 1948 and would have been 70 years old this month.

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**DIVE BOMBER**

Yellow jackets just love to attack soda cans this time of year. Why? Well, they’ve had all summer to build up their populations, and most of their natural food sources are starting to dry up. There’s a solution, though — yellow jackets won’t go near a bottle of water!

**ANIMAL APPETITES**

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**The original value meal & still a fantastic deal!**

<table>
<thead>
<tr>
<th><strong>Breakfast</strong></th>
<th><strong>Lunch</strong></th>
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<tr>
<td>$1.00</td>
<td>$2.50</td>
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</table>

Get in touch with us today to learn more about free and reduced-price meals in our district: www.schoolcafe.com

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**Nutrition To Go**

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That’s too bad — the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

A quick bite for parents