

# September 2017


## La Conner School District Lunch Menu

MENU PRICE CHANGE NOTICE: .25 increase in lunch prices for Elementary, Secondary and Adult Lunches for 2016-17 School Year  
 Elementary: \$2.75, Secondary \$3.25, Adult \$3.75

SALAD BAR offered for grades 6-12

Fruit & Veggie Bar Grades K-5

Program benefits and services are available to all children without regard to race, color, sex, handicap, age, or national origin. This institution is an equal opportunity employer and provider.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Education is not preparation for life—education is life itself- John Dewey</b></p>	<p><b>NO SCHOOL</b>            Learning is a treasure that will follow its owner everywhere- Chinese Proverb</p>	<p><b>AUGUST 30 HALF DAY</b>             FIRST DAY OF SCHOOL            EARLY DISMISSAL 11:30            BREAKFAST SERVED            NO LUNCH SERVED</p>	<p>31            Beef Hamburgers            Potato Wedges            Watermelon*            Juice, Milk</p>	<p>1            Chicken Caesar Wraps            Veggie Add-Ins            Peaches            Juice, Milk</p>
<p>4  <b>LABOR DAY NO- SCHOOL</b>            *Melons provide antioxidants which help boost the immune system</p>	<p>5            1st Day of Kindergarten            Fish and Chips            Coleslaw            Breadsticks            Applesauce            Juice, Milk</p>	<p>6            Pork Egg Rolls            Red Pepper Salad            Fried Rice            Grapes            Juice, Milk</p>	<p>7            BBQ Chicken            Fresh Corn on the Cob            Whole Grain Biscuits            Watermelon*            Juice, Milk</p>	<p>8            Pulled Pork Sandwich            Baked Beans            Pears            Juice, Milk</p>
<p>11            Teriyaki Chicken            Whole Grain Rice            Cucumber Salad            Peaches            Juice, Milk</p>	<p>12            Chef Salad            Grilled Cheese Sandwich            Grapes            Juice, Milk</p>	<p>13            Skagit Sloppy Joes            Coleslaw            Watermelon            Juice, Milk</p>	<p>14            Pulled Pork Sandwich            French Fries            Fruit Salad            Juice, Milk</p>	<p>15            Ken's Beef Chili            Cheese Sticks            Whole Wheat Cinnamon Rolls            Apple Slices            Juice, Milk</p>
<p>18            Orange Chicken            Fried Whole Grain Rice            Cucumbers            Pears            Juice, Milk</p>	<p>19            Beef Taco Salad            Refried Beans            Salsa            Grapes            Juice, Milk</p>	<p>20            Chicken and Cheese Quesadilla            Red Pepper Salad            Bananas            Juice, Milk</p>	<p>21            Beef Burgers            Sun Chips            Carrot Sticks            Watermelon*            Milk</p>	<p>22            Chicken Nuggets            Potato Wedges            Peach Cups            Juice, Milk</p>
<p>25            Teriyaki Beef Dippers            Fried Whole Grain Rice            Coleslaw            Pears            Juice, Milk</p>	<p>26            Pepperoni Pizza            French Fries            Blueberry Crisp            Juice, Milk</p>	<p>27            Pulled Pork Sandwich            Baked Beans            Peaches            Juice, Milk</p>	<p>28            Mac N Cheese            Ham Julienne            Honey Dilled Carrots            Grapes            Juice, Milk</p>	<p>29            Turkey Sub Sandwich            Spinach Salad            Strawberry Cups            Sun Chips            Juice, Milk</p>

