September![C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7OB9APUI\MC900389652[1].wmf]()



Please turn in Free/Reduced Meal Applications to the Lunchroom or School Secretaries **ASAP.** A new application **MUST** be filled out **every year**. Thank You!

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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | Wednesday | Thursday | Friday |  |  |
|  |  |   |  |  |  | 1 |
| 3Labor Day | 4 Bagel Cr Cheese**BBQ Pork Sandwich**Fresh VegetablesFresh Strawberries | 5 Muffin**Pizza**Fresh Salad BarFresh Tangerine | 6 Granola Bar**Nachos**Refried BeansCheese/SalsaSliced Peaches | 7 Cereal**Chicken Strips**Goldfish CrackersSalad Bar & Fresh Apple***Early Release*****PBJ or Chicken SW**Veggie BeansMixed Fruit*Early Release* |  | Bigfork lunchroom NewsC:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T8QNU1NL\MC900359571[1].wmf***All Breakfasts are served*** ***in the classroom*****LUNCHES must** include 3/4 cup fruit and/or vegetable to be a complete meal. Students need to take at least **3** of the **5** choices.**1** of the **3** choices **must** be 3/4 cup fruit and/or vegetable.Choices for the Lunch Tray include1c milk, 1-2oz protein, 1-2oz grain,½ c to ¾ cup vegetable, ½ cup fruitSalad Bar is offered Every Day**BREAKFAST PRICES**Grades K-6 $1.25 7-12 1.50 K-12 Reduced .30Adult $1.75 *MILK* .35 |
| 10 *Cereal* | 11 *Bagel Cr Cheese* | 12 *Muffin* | 13 Granola Bar | 14 *Cereal* | 7 | 8 |
| **Sloppy Joe**French FriesFresh VegetablesApplesauce | **Chicken Fajita**Black BeansCheese, SalsaMixed Fruit | **Pizza**Fresh Salad BarFresh Orange | **Egg roll**Seasoned RiceStir Fried VeggiesMandarin Oranges | **Tuna Pasta Salad**Chopped RomaineSliced Pears |  | Harvest of the month (HOM) **Kale**.This month we have sautéed kale and kale on the salad bar |
| 17 *Cereal* | 18 Bagel Cr Cheese | *19 Muffin* | 20 Granola Bar | 21 Cereal | 14 | 15 |
| **Chicken Alfredo**Fresh SaladFresh Apple | **Ham and Scalloped** **Potatoes**Green BeansBlueberries | **Pizza**Fresh Salad BarFresh Strawberries | **Chicken Corn Dog**Peas and CarrotsFresh Tangerine | **Chx Cheese Bean Burrito**Corn Peppers & KaleApplesauce***Early Release*** |  |  |
| 24 *Cereal* | 25 Bagel Cr Cheese | 26 *Muffin* | 27 *Granola Bar* | 28 Cereal | 21 | 22 |
| **Beef Stroganoff**MacaroniFresh VeggiesFresh Orange | **Chicken Teriyaki**Seasoned RiceStir Fried VeggiesMandarin OrangesFortune Cookie | **Pizza**Fresh VegetablesFresh Apple | **Beef Taco****Cheese and Salsa****Corn and Peppers****Sliced Pears** | **Mac and Cheese**Mixed VeggiesFresh Tangerine |  |  |
|  |  |  |  |  | 28 | 29 |
|  | ***CONTACT INFORMATION:***Roger VanlandinghamFood Service Director837-7400rvanlandingham@bigfork.mt.us |  | Please remember there is a **NO CHARGING** Policy in effect. Please call me if you have questions about it. Money needs to be in your child(ren)’s account to have lunch or they will receive an alternate lunch. |  |  |  |
|  |  |  |  |  |  | **LUNCH PRICES**Grades K-6 $2.25 7-12 2.75 K-12 Reduced .40Adult $3.25 *MILK* .35 |