





**Monday, September 13**

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Chicken Alfredo w/Spinach  
Garden Salad  
Local Vegetables  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Tuesday, September 14**

Breakfast  
Tropical Storm Fried Rice  
Fruit

Lunch  
Turkey and Gravy  
Dinner Roll  
Mashed Potatoes  
Steamed Carrots  
Fruit

Secondary Second Choice  
Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

**Wednesday, September 15**

Breakfast  
Macaroni & Cheese  
Fruit

Lunch  
Beef & Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Thursday, September 16**

Breakfast  
Fried Rice with  
Chicken Nuggets  
Fruit

Lunch  
Pepperoni Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

Secondary Second Choice  
Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

**Friday, September 17**

Breakfast  
French Toast w/Syrup  
Sausage  
Fruit


Lunch  
Pork Adobo with Carrots  
Steamed Rice  
Broccoli  
Fruit  
Flavored Milk

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**HERB/SPICE**

**Thyme**

Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!



**OF THE MONTH**

**Monday, September 20**

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Chicken Curry with  
Carrots and Potatoes Chunks  
Broccoli  
Steamed Rice  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Tuesday, September 21**

Breakfast  
Fried Rice with  
Portuguese Sausage  
Fruit

Lunch  
Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

Secondary Second Choice  
Chicken Burger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Wednesday, September 22**

Breakfast  
Ham & Cheese Roll  
Fruit

Lunch  
Breaded Chicken with Gravy  
Mashed Potatoes  
Dinner Roll  
3 Bean Salad  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Thursday, September 23**

Breakfast  
Sausage Patty with  
Garlic Rice  
Fruit

Lunch  
Beef Lasagna  
Garlic Cauliflower & Broccoli  
Corn  
Fruit

Secondary Second Choice  
Tuna Salad Sandwich  
Whole Grain Bun  
Sandwich Sides  
Japanese Salad  
Fruit

**Friday, September 24**

Breakfast  
Pancakes w/Syrup  
Bacon  
Fruit

Lunch  
Breaded Fish w/Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Fruit  
Flavored Milk

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**OUR CAFETERIA FOLKS ARE AWESOME! THANK YOU!!!**

We never stopped cooking for you.

**School Meals**  
*We serve education every day™*

**CNMI Child Nutrition Program**

**Monday, September 27**

Breakfast  
Assorted Cereal  
Fruit

Lunch  
BBQ Chicken  
Red Rice  
Potato Salad  
Corn  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Tuesday, September 28**

Breakfast  
Ground Beef & Vegetable Omelet  
Steamed Rice  
Fruit

Lunch  
Grilled Ham Steak  
Steamed Rice  
Sweet Potato Fries  
Texas BBQ Beans  
Fruit

Secondary Second Choice  
Sub Sandwich on WGR Roll  
Honey Onion Dressing  
Vegetable Sticks & Dip  
Fruit

**Wednesday, September 29**

Breakfast  
Pan de Sal with  
Egg & Cheese  
Fruit

Lunch  
Beef Steak with Green Peas & Onions  
Red Rice  
Broccoli  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Thursday, September 30**

Breakfast  
Sausage & Egg Scramble  
Steamed Rice  
Fruit

Lunch  
Cheese Pizza  
Vegetable Sticks & Dip  
Fruit

Secondary Second Choice  
Buffalo Chicken Wrap  
Vegetable Sticks & Dip  
Japanese Salad  
Fruit

**“ARRR!”**



**September 19 is “International Talk Like a Pirate” Day**

But EVERY DAY is “Drink Your Milk” day! And we’ve got you covered with these great milk selections to choose from with all complete meals:

**Lowfat Chocolate**  
**Nonfat White**  
**Lowfat White**