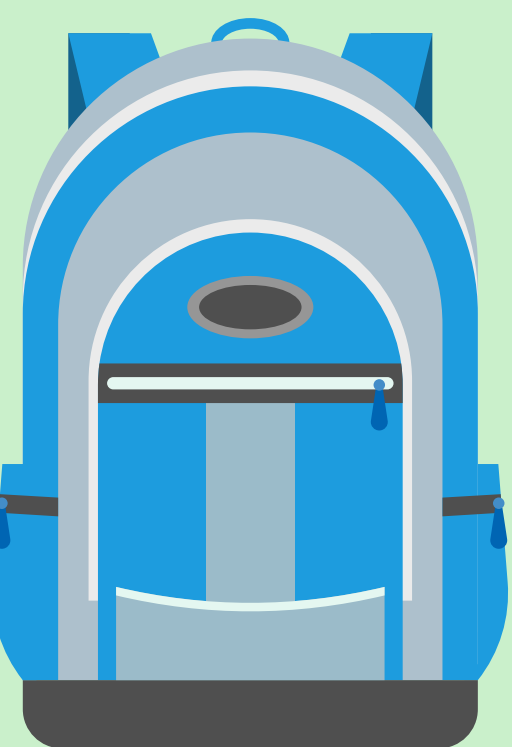
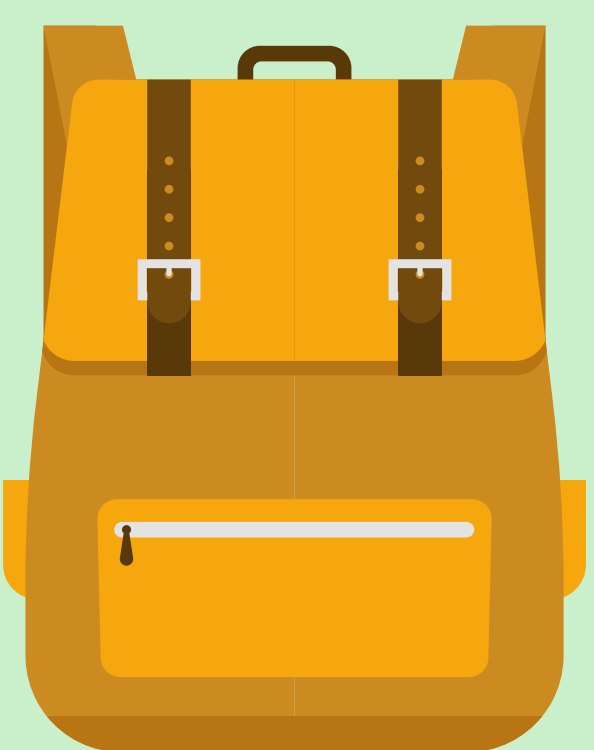
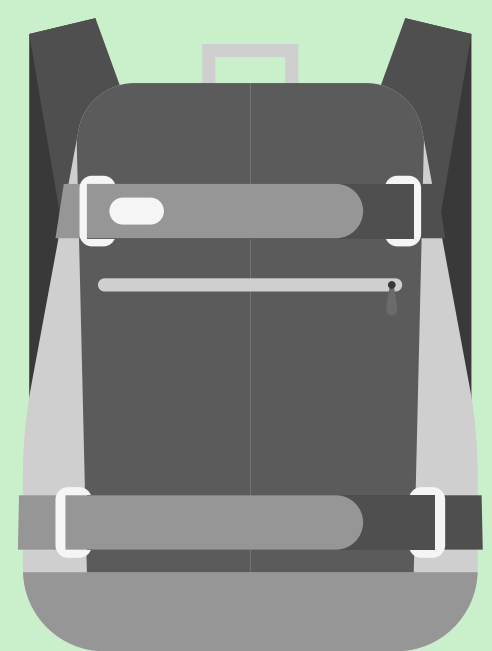
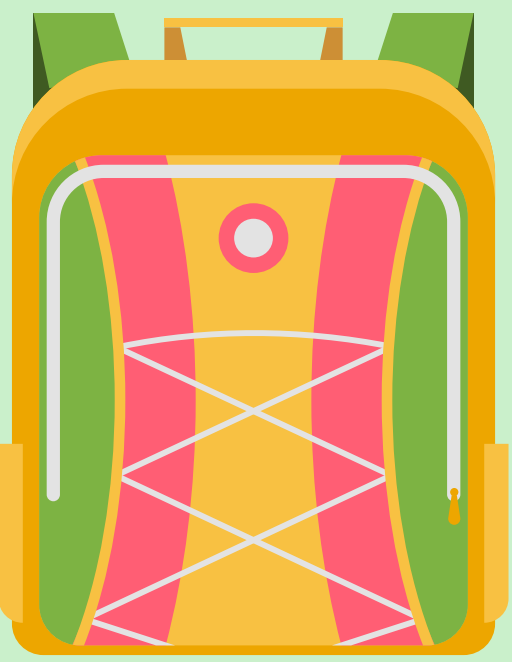
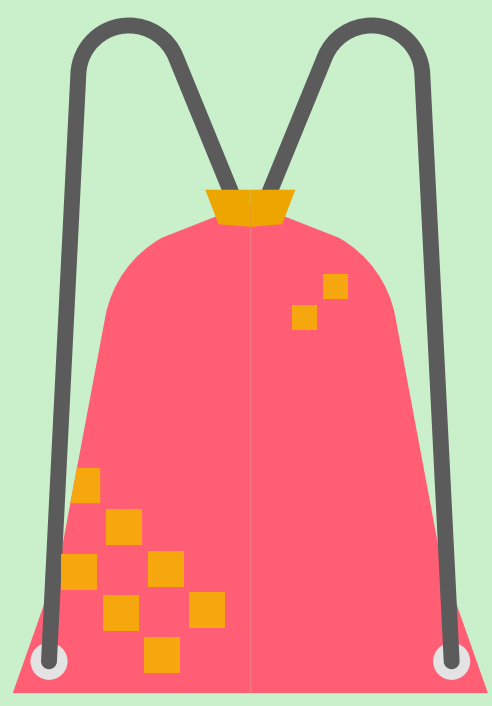


SEPTEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Backpack Awareness Month!

Pack it right: Use different compartments and pockets to distribute weight. Heavier items closer to the back center of the backpack, lighter items in the front, sharp items away from the back.

Put it on: Bend and lift in the knees when picking up the backpack instead of the waist. This will help prevent back injury.

Adjust and Carry: Always use both shoulder straps to avoid injury. The backpack should rest snugly against the back.

<p>3</p> 	<p>4</p> <p>Cereal Pouch</p> <p>Grilled Cheese OR Chef Salad</p> <p>Creamy Tomato Soup</p>	<p>5</p> <p>Apple Cinnamon Texas Toast</p> <p>Meatball Croissant OR Turkey Anytimers</p> <p>Juice Smoothy</p>	<p>6</p> <p>Cinnamon Roll</p> <p>Hamburger OR Baked Potato</p>	<p>7</p> <p>Yogurt</p> <p>Corn Dog OR Chicken Wrap</p>
<p>10</p> <p>Cereal</p> <p>Chicken Drumstick and Stuffing OR Italian Sub</p> <p>Green Beans</p>	<p>11</p> <p>Donut</p> <p>Lasagna Roll Up OR Harvest Salad</p> <p>Breadstick</p>	<p>12</p> <p>Egg and Cheese Breadstick</p> <p>Chili Fritos OR PB & J</p> <p>Brownie</p>	<p>13</p> <p>Peanut Butter and Crackers</p> <p>Hot & Spicy Chicken Patty Sandwich OR Cheese Sandwich</p>	<p>14</p> <p>Pancakes</p> <p>Cheese Pizza OR Turkey Club Sandwich</p>
<p>17</p> <p>Turkey Stick and Cracker</p> <p>Chicken Noodle Soup OR Garden Salad</p> <p>Dinner Roll</p>	<p>18</p> <p>Egg and Cheese Sandwich</p> <p>Meatloaf with Mashed Potatoes & Gravy OR PB & J</p>	<p>19</p> <p>Frudel</p> <p>Philly Cheese Steak OR Chicken Salad Sandwich</p> <p>Sugar Cookie</p>	<p>20</p> <p>Sweet Bread</p> <p>Ravioli OR Mandarin Chicken Salad</p> <p>Garlic Toast</p>	<p>21</p> <p>French Toast Sticks</p> <p>Chicken Tenders OR Harvest Salad</p> <p>Dinner Roll</p>
<p>24</p> <p>Pop Tart</p> <p>Orange Chicken with Rice OR Italian Sub</p> <p>Steamed Veggies</p>	<p>25</p> <p>Muffin</p> <p>Country Fried Steak with Mashed Potatoes & Gravy OR Caesar Salad</p> <p>Dinner Roll</p>	<p>26</p> <p>Chicken Biscuit Sandwich</p> <p>Nachos OR Cheese Quesadilla</p>	<p>27</p> <p>Graham Slam</p> <p>Chicken Parmesan OR PB & J</p>	<p>28</p> <p>Pancakes</p> <p>Hot Dog with Mac & Cheese OR Anytimers</p>