



September 2014 Lunch



Southwood Junior High School Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
September 1, 2014	September 2, 2014	September 3, 2014	September 4, 2014	September 5, 2014
September 8, 2014	September 9, 2014	September 10, 2014	September 11, 2014	September 12, 2014
September 15, 2014	September 16, 2014	September 17, 2014	September 18, 2014	September 19, 2014
September 22, 2014	September 23, 2014	September 24, 2014	September 25, 2014	September 26, 2014
September 29, 2014	September 30, 2014	October 1, 2014	October 2, 2014	October 3, 2014

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



Fall Fun Activities Visit a pumpkin patch Rake leaves and jump in the pile Play Lost and Found in a corn maze Go apple picking and make a homemade dish with the apples Make leaf rubbings Carve pumpkins Run a local 5k