




**Potato  
Fun Facts**

**September 2018  
Crusader Café**

**Potatoes are packed  
with Vitamins C & D,  
Potassium, Fiber**

**and Kukoamines,  
which aid in lowering  
blood pressure!**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
 <small>© Can Stock Photo</small>	Teacher Convention	<b>Shrimp Poppers</b> Mashed Potatoes Wheat Roll Fruit Cup  <i>Chicken Ranch</i>	<b>Spaghetti &amp; Meatballs</b> California Vegetable Medley Breadstick Fruit Cup  <i>Turkey Bacon Melt</i>	<b>Chicken Quesadilla</b> Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Meatball Sub</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	<b>Chicken Parmesan</b> Pasta & Sauce Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	<b>Zesty Cuban Sandwich</b> Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>	<b>Chicken Pita</b> Roasted Potatoes Hummous Veggie Sticks Fruit Cup <i>BBQ Rib</i>	<b>Crunchy Fish Strips</b> Mac & Cheese Broccoli Fruit Cup  <i>Southwest Chicken</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Crispy Chicken Salad</b> Wheat Roll Carrots Fruit Cup  <i>Grilled Italian</i>	<b>Street Tacos</b> Mexicali Corn Salad Refried Black Beans Spanish Rice Fruit Cup <i>Turkey Bacon Melt</i>	<b>Shrimp Poppers</b> Mashed Potatoes Wheat Roll Fruit Cup  <i>Turkey Ranch Wrap</i>	<b>Teriyaki Beef Fried Rice</b> Thai Cabbage Salad Egg Roll Fruit Cup  <i>Meatball Sub/Burrito</i>	<b>Stuffed Crust Pizza</b> Tossed Garden Salad Fruit Cup  <i>Chicken Fried Steak</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	<b>Cheese Filled Breadsticks</b> Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	<b>Turkey on Focaccia</b> Spicy Spuds Cucumber Salad Fruit Cup  <i>BBQ Rib/Beef Burrito</i>	<b>Chicken Alfredo</b> Broccoli Fruit Cup  <i>Chicken Fried Steak</i>	<b>Frito Chili Pie</b> Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup  <i>Buffalo Chicken</i>

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

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