

National Square Dance Month

Swing your partner and dosey-do, don't let go. September is National Square Dance Month!!

Square dancing was first documented in 16th. Century England, but familiar in France and throughout Europe, too. As European immigrants settled in North America, they brought the dance with them. In the early years of the country, there was mixing of dancing styles between different ethnic groups.

The Western American Square Dance may be the most widely known form worldwide, possibly due to its association in the 20th. Century with the romanticized image of the American cowboy. Square dancing is strongly associated within the United States and has been designated as the official state dance within 19 states.

The art of square dancing requires a few standard requirements, beginning with dancers. Four couples, arranged in a square, with one pair on each side facing the middle of the square. Women are positioned to the left of the men, known as the corner. The dance moves counterclockwise in a circular flow.

Value Menu for September 2019

Verrado High School

Monday September 2	Tuesday September 3	Wednesday September 4	Thursday September 5	Friday September 6
LABOR DAY- NO SCHOOL	Nachos w/Beans & Salsa Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Baked Chicken w/Mashed Potatoes Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	2 Egg Rolls w/Fried Rice Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Hotdog w/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito
Monday September 9	Tuesday September 10	Wednesday September 11	Thursday September 12	Friday September 13
Comdog W/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick—Bean Burrito	Nachos w/Beans & Salsa Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Baked Chicken w/Mashed Potatoes Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick—Bean Burrito	2 Egg Rolls w/Fried Rice Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Hotdog w/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito
Monday September 16	Tuesday September 17	Wednesday September 18	Thursday September 19	Friday September 20
Comdog W/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick—Bean Burrito	Nachos w/Beans & Salsa Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Early Release Day	2 Egg Rolls w/Fried Rice Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Hotdog w/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito
Monday September 23	Tuesday September 24	Wednesday September 25	Thursday September 26	Friday September 27
Comdog W/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco stick—Bean Burrito	Nachos w/Beans & Salsa Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Baked Chicken w/Mashed Potatoes Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick—Bean Burrito	2 Egg Rolls w/Fried Rice Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick Bean Burrito	Hotdog w/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco Stick
Monday September 30				
Comdog W/Waffle Fries Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bosco stick—Bean Burrito		Choice of Milk: 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk	Choice of fruits and veggies (may select two): Granny Smith Green Apple, Oranges, Banana, Red Delicious Apple, Baby Carroteenies, Craisins, 100% Fruit Juice, Jello w/fruit.	Menu Subject to Change

September

- National Chicken Month
- National Blueberry Popsicle Month
- National Library Card Sign up Month
- National Sewing Month

A new Meal Benefit Application for the 19/20 School Year must be turned in by September 16, 2019 to ensue no interruptions in benefits. If you have any questions, please call the Food Service Department.

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Menus for September 2019

Verrado High School

Monday September 2	Tuesday September 3	Wednesday September 4	Thursday September 5	Friday September 6
Labor Day– No School	Mashed Potato Bowl w/Popcorn Chicken Seasoned Corn Buttermilk Biscuit Variety of Fruit	Shredded BBQ Chicken Sandwich Coleslaw Baked Beans Cornbread Variety of Fruit	Taco Salad Bowl w/fresh salsa, shredded cheese, diced onions, cilantro, sour cream and jalapeno slices Variety of Fruit	Domino's Pizza-Variety Spinach Salad w/assorted dressing Fresh Fruit Salad
Monday September 9	Tuesday September 10	Wednesday September 11	Thursday September 12	Friday September 13
Mandarin Orange Chicken Rice Bowl Steamed Broccoli Mini Egg Roll Variety of Fruit	Burrito of the Day w/fresh salsa, sour cream, diced onions and jalapenos Spanish Rice Churro Variety of Fruit	Chili Cheese Hotdog w/ diced onions and jalapenos French Fries Homemade Chocolate Chip Cookie Variety of Fruit	Meat & Cheese Lasagna Seasoned Green Beans Garlic Bread Cannoli Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/ assorted dressing Jello Fruit Salad
Monday September 16	Tuesday September 17	Wednesday September 18	Thursday September 19	Friday September 20
Spicy Sichuan Chicken Rice Bowl Steamed Broccoli Fresh Orange Slices Fortune Cookie Variety of Fruit	2 Soft Beef & Cheese Tacos w/sour cream, jalapenos and fresh salsa Mexicali Corn Refried Beans Variety of Fruit	Early Release Day	Oven Roasted Chicken Loaded Mashed Potatoes Corn on the Cob Buttermilk Biscuit Variety of Fruit	Domino's Pizza-Vareity Spinach Salad w/assorted dressing Fresh Fruit Salad
Monday September 23	Tuesday September 24	Wednesday September 25	Thursday September 26	Friday September 27
Chef's Choice Variety of Fruit	Pork Carnitas w/jalapenos, sour cream and fresh salsa Tortilla (2) Spanish Rice Churro Variety of Fruit	Sloppy Joe on a Bun French Fries Baked Beans Cornbread Variety of Fruit	Chicken Fingers w/assorted dipping sauce French Fries Seasoned Green Beans Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/assorted dressing Jello Fruit Salad
Monday September 30				
Sweet Chili Thai Chicken Rice Bowl Steamed Broccoli Fresh Orange Slices Fortune Cookie Variety of Fruit		Choice of Milk: 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk	Choice of fruits and veggies (may select two): Granny Smith Green Apple, Oranges, Banana, Red Delicious Apple, Baby Carroteenies, Raisins, Craisin, Apple Juice or Orange Juice	

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Menu Subject to Change

STUDENT MUST SUBMIT A NEW MEAL BENEFIT APPLICATION FOR THE 19/20 SY.

This institution is an equal opportunity provider and employer.