

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HOLIDAY	2 Teriyaki Beef Dippers w/ Rice 2oz 2G Yogurt & Graham Crackers 2 oz 2G Broccoli ½ c Carrot Sticks ½ c Apples ½ c Canned Peaches Ranch Dressing 1 oz	3 Chicken Corn Dogs 2 oz, 2G Yogurt & Graham Crackers 2 oz 2G Seasoned Black Beans ½ c Sliced Cucumbers ½ c Grapes ½ c Ranch Dressing 1 oz Catsup 1 oz Mustard 1 oz	4 Pulled Pork Banh Mi 2 oz 2G Yogurt & Graham Crackers 2 oz 2G Pickled Vegetable Mix ½ c Romaine Salad ½ c Apples ½ c Mixed Fruit ½ c Ranch Dressing 1 oz	5 Cheese Pizza 2 oz 2G ½ v Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Grape Tomatoes ½ c Fresh Peaches ½ c Diced Pears ½ c Ranch Dressing 1 oz National Cheese Pizza Day!
8 Fish Tacos 2 oz, 2G Yogurt & Graham Crackers 2 oz 2G Shredded Cabbage ½ c Carrot Sticks ½ c Apples ½ c Strawberries ½ c Ranch Dressing 1 oz Salsa Ranch 1oz	9 Chicken Tenders w/Cheez Its 2 oz, 1G, 1G Yogurt & Graham Crackers 2 oz 2G BBQ Beans ½ c Romaine Salad ½ c Bananas ½ c Ranch Dressing 1 oz Catsup 2 oz	10 Beef Italian Bake & Breadstick 1.5 oz ½ V 2G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Celery Sticks ½ c Grapes ½ c Ranch Dressing 1 oz	11 Red Turkey Pozole w/ Chips 2 oz, 2G Yogurt & Graham Crackers 2 oz 2G Shredded Cabbage ½ c Mixed Fruit ½ c Lemon Wedges ½ c Jicama Sticks ½ c	12 Cheesy Nachos 2 oz 2G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Grape Tomatoes ½ c Fresh Nectarines ½ c Pineapple Niblets ½ c Ranch Dressing 1 oz Salsa 2 oz
15 Popcorn Chicken w/ Honey Belly Bears 2 oz 2G, 1G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Carrot Sticks ½ c Apples ½ c Diced Pears ½ c Ranch Dressing 1 oz Catsup 2 oz	16 Turkey Soft Tacos 2 oz 2G Yogurt & Graham Crackers 2 oz 2G Seasoned Pinto Beans ½ c Romaine Salad ½ c Bananas ½ c Diced Peaches ½ c Ranch Dressing 1 oz	17 Green Chili Chicken Enchilada Casserole 2oz 1.25G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Honey Bee Salad ½ c Grapes ½ c Applesauce ½ c Ranch Dressing 1 oz Salsa 1 oz	18 Cheese Burgers 2oz 2G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Jicama Sticks ½ c Blueberries ½ c Diced mixed fruit ½ c Ranch Dressing 1 oz Catsup 1 oz Mustard 1 oz National Cheeseburger Day!	19 Cheesy Ravioli w/Marinara w/Breadstick 2 oz .5G, 1G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Broccoli ½ c Fresh Pears ½ c Diced Peaches ½ c Ranch Dressing 1 oz
22 Turkey Nachos w/Cheese 2oz, 2G Yogurt & Graham Crackers 2 oz 2G Shredded Lettuce ½ c Seasoned Pinto Beans ½ c Apples ½ c Diced Mixed Fruit ½ c Salsa 1 oz	23 Teriyaki Chicken w/Chow Mein 2 oz 2G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Fresh Broccoli ½ c Bananas ½ c Diced Pears ½ c Ranch Dressing 1 oz	24 Chicken Shawarma w/ Steamed Rice 2 oz, 2 G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Green Beans ½ c Applesauce ½ c Grapes ½ c Ranch Dressing 1 oz	25 Domino's Pepperoni Pizza 2 oz 2G ½ V Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Jicama Sticks ½ c Strawberries ½ c Cool Tropics ½ c Ranch Dressing 1 oz	26 Bean and Cheese Pupusas 2 oz 2G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Carrot Sticks ½ c Apples ½ c Diced Peaches ½ c Ranch Dressing 1 oz Salsa 2oz
29 Teriyaki Beef Dippers w/Rice 2oz 1G Yogurt & Graham Crackers 2 oz 2G Romaine Salad ½ c Fresh Broccoli ½ c Apples ½ c Diced Peaches ½ c Ranch Dressing 1 oz	30 Chicken Corn Dogs 2oz 2G Yogurt & Graham Crackers 2 oz 2G Seasoned Black Beans ½ c Romaine Salad ½ c Carrot Sticks ½ c Banana ½ c Diced Pears ½ c Ranch Dressing 1 oz Catsup 2 oz Mustard 2 oz	Daily Milk Options: Fat Free Choc Milk 8 oz 1% White Milk 8 oz	Beef Pork Turkey Chicken Vegetarian Fish	SEPTEMBER ELEMENTARY LUNCH WORKING MENU