

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components. Milk Options: 1% White Milk or Non-Fat Chocolate.

September Lunch

Adult Price: \$5.50



1
Turkey Gravy
w/Mashed Potatoes & Roll
Yogurt & Graham Crackers
 Chocolate Chip Cake
 Romaine Salad
 Fresh Plums
 Ranch Dressing

8
Fish Sticks w/Belly Bears
Yogurt & Graham Crackers
 French Fries
 Romaine Salad
 Fresh Pluots
 Catsup
 Ranch Dressing

15
Combo Burrito
Yogurt & Graham Crackers
 Romaine Salad
 Jicama Sticks
 Peaches
 Ranch Dressing
 Salsa

22
Chicken Tenders
w/Chat Snacks
Yogurt & Graham Crackers
 Romaine Salad
 Zucchini Rounds
 Fresh Plums
 Ranch Dressing
 Catsup

29
Chicken Fettuccine
Pasta
Yogurt & Graham Crackers
 Chocolate Chip Cake
 Romaine Salad
 Orange Wedges
 Ranch Dressing

5
Chicken Corn Dogs
Yogurt & Graham Crackers
 Seasoned Black Beans
 Romaine Salad
 Apples
 Ranch Dressing
 Catsup
 Mustard

12
Chicken Sandwich
Yogurt & Graham Crackers
 BBQ Beans
 Romaine Salad
 Grapes
 Ranch Dressing
 Catsup
 Mustard

19
3-Bean Nachos w/Cheese
Yogurt & Graham Crackers
 Romaine Salad
 Grapes
 Ranch Dressing
 Salsa

26
Orange Chicken
w/Chow Mein
Yogurt & Graham Crackers
 Romaine Salad
 Fresh Broccoli
 Grapes
 Pears
 Ranch Dressing

6
Teriyaki Beef Dippers w/Rice
Yogurt & Graham Crackers
 Romaine Salad
 Fresh Broccoli
 Bananas
 Peaches
 Ranch Dressing

13
Beef Italian Pasta Bake
Yogurt & Graham Crackers
 Romaine Salad
 Grape Tomatoes
 Bananas
 Ranch Dressing

20
Beef Enchilada
Casserole
Yogurt & Graham Crackers
 Seasoned Black Beans
 Romaine Salad
 Bananas
 Ranch Dressing
 Catsup
 Mustard

27
Walking Tacos
Yogurt & Graham Crackers
 Shredded Lettuce
 Grape Tomatoes
 Bananas
 Peaches
 Salsa

7
Green Chicken Pozole w/Chips
Yogurt & Graham Crackers
 Shredded Cabbage
 Grapes
 Lemon Wedges

14
Nat'l "Eat a Hoagie" Day
Ham & Cheese Grinder
Yogurt & Graham Crackers
 Shredded Lettuce
 Orange Wedges
 Cool Tropics
 Ranch Dressing
 Sandwich Spread

21
Roasted Chicken
w/Mashed Potatoes
& Roll
Yogurt & Graham Crackers
 Romaine Salad
 Carrot Sticks
 Raisels
 Ranch Dressing

28
Pizza Hut Cheese Pizza
Yogurt & Graham Crackers
 Romaine Salad
 Baby Carrots
 Cool Tropics
 Ranch Dressing
 Catsup

11
Mac & Cheese w/Roll
Yogurt & Graham Crackers
 Romaine Salad
 Apples
 Pears
 Ranch Dressing

18
Nat'l Cheeseburger Day
Cheeseburger
Yogurt & Graham Crackers
 Romaine Salad
 Celery Sticks
 Apples
 Ranch Dressing
 Catsup
 Mustard

25
Nat'l Quesadilla Day
Quesadilla
Yogurt & Graham Crackers
 Seasoned Pinto Beans
 Romaine Salad
 Apples
 Applesauce
 Ranch Dressing
 Salsa

Menu is Subject to Change without notice.

This Institution is an Equal Opportunity Provider