

September 2017

Type Your School Name Here

LUNCH



Menu Subject to change.
In the operation of child feeding. No child will be discriminated against because of race, color, national origin, age or disability.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

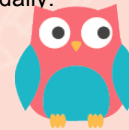
Wednesday

Thursday

Friday



1% Milk, Skim and Chocolate skim milk served daily.



1

Labor Day

4

Chicken Pattie, WG Bun
Green beans, Leaf lettuce
French fries
Watermelon

5

Hot Dog, WG Bun
Yogurt, Baked beans
Baby carrots
Apple slices

6

Pork Chop Pattie
Mashed potatoes, gravy
Broccoli, Dinner roll
Applesauce

7

Cheese pizza
Fresh Garden salad
Cucumber slices, Carrots
Grapes

8

Popcorn chicken
Sweet Potato fries
Caesar salad
Pears

11

Taco & Toppings, cheese,
lettuce, tomato.
Corn
Refried beans
Applesauce

12

Chicken Alfredo Pasta
Garlic toast
Green, Red & Yellow pepper sticks
Fresh fruit

13

Build your burger
Cheese, Lettuce, Tomato
Coleslaw
Waffle fries
Peaches

14

Ham & Cheese Sub
Lettuce, pickles, tomato
Sun Chips
Fresh vegetables
Bananas

15

Mini Corn dogs
Baked beans
Celery & Carrots
Fruit cocktail

18

Chicken Quesadilla
Shredded lettuce, Tortilla chips
Salsa
Seasoned Black beans
Pears

19

French toast sticks
Scrambled eggs
Fresh vegetables
Orange slices

20

Penne Pasta
Italian meat sauce
Bread stick
Green beans
Applesauce

21

Turkey, Ham & cheese wrap
Lettuce,
Oven Fries
Watermelon

22

No School

25

Super Nachos
Tortilla chips, Ground beef,
Cheese sauce, Black beans
Yogurt
Peaches

26

Hamburger, WG bun
Cheese slice, Pickles
French fries
Garden salad
Fresh fruit

27

Pepperoni pizza
Caesar salad
Peas
Apple slices

28

Chicken Nuggets
Tator Smiles
Baked Beans
Mandarin oranges

29