

September 1 - September 29

LUNCH
What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Macaroni & Cheese - 8oz. Broccoli Florets-3/4 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread - 1 Milk-8 oz.
4 Happy Labor Day! NO SCHOOL	5 All Beef Hamburger on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	6 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Diced Peach Cup-1/2 c. Milk-8 oz.	7 W/G Popcorn Chicken-3.8 oz. Seasoned Diced Potatoes - 3/4c Whole Grain Bread Fresh Orange-1 Milk-8 oz.	8 DOMINO'S W/G Pizza Slice Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
11 Breaded Chicken Patty on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	12 Beef Meatballs Parmigiana on W/G Sub Roll-1 Diced Carrots-1 c. Fresh Apple-1 Milk-8 oz.	13 Sliced Chicken & Cheese W/G Potato Bun-1 Black Bean and Corn Salad Cup - 3/4c. Fresh Apple-1 Milk-8 oz.	14 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	15 DOMINO'S W/G Pizza Slice Romaine Salad w/ Dressing-1 1/2 c. Diced Peach Cup-1/2 c. Milk-8 oz.
18 Chicken Fingers-3 Black Beans - 3/4c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	19 Beef Nachos with Cheddar Cheese Sauce-6 oz. Fresh Baby Carrots w/ Dip-1 c. W/G Tortilla Scoops-1 oz. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	20 Beef Bologna & Cheese on Wheat Kaiser Roll - 1 Celery Sticks w/ Dip - 3/4c. Fresh Orange-1 Milk-8 oz.	21 BBQ Beef Riblet on Wheat Hamburger Bun - 1 Seasoned Diced Potatoes - 3/4c Fresh Banana-1 Milk-8 oz.	22 DOMINO'S W/G Pizza Slice Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
25 Cheese Ravioli with Meat Sauce-5 oz.. Sliced Carrots - 1c Whole Grain Bread Diced Peach Cup-1/2 c. Milk-8 oz.	26 Chicken Fingers-3/4 c. Corn - 3/4 c. Whole Grain Bread Pineapple Cup-1/2 c. Milk-8 oz.	27 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-3/4 c. Fresh Banana -1 Milk-8 oz.	28 All Beef Hamburger on Whole Wheat Bun - 1 Black Beans-3/4 c. Fresh Orange-1 Milk-8 oz.	29 DOMINO'S W/G Pizza Slice Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.