

September 1 - September 30

LUNCH MENU*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day! 1	W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-1c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz 2	Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 1c Fresh Apple-1 Milk - 8oz 3	Macaroni & Cheese- 6oz Broccoli Florets- 1c Whole Grain Bread - 1 Fresh Banana -1 Milk - 8oz 4	W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz 5
W/G Mini Cheese Quesadillas - 3 Plantains - 1c Fresh Orange - 1 Milk - 8oz 8	Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Celery Sticks w/ Dip- 3/4c Fresh Banana-1 Milk - 8oz 9	Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Celery Sticks w/ Ranch Dip-1c Fresh Pear-1 Milk-8oz. 10	BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Black Bean & Corn Salad -1c Fresh Banana -1 Milk - 8oz 11	W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 1% White Milk-6 oz. 12
Macaroni & Cheese- 6oz Broccoli Florets- 1c Whole Grain Bread - 1 Fresh Banana -1 Milk - 8oz 15	W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-1c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz 16	Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 1c Fresh Apple-1 Milk - 8oz 17	Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Celery Sticks w/ Dip- 3/4c Fresh Banana-1 Milk - 8oz 18	W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange -1 Milk - 8oz 19
W/G Chicken Fingers -3 Oriental Mixed Vegetables - 1c Whole Grain Bread -1 Fresh Pear - 1 Milk - 8oz 22	W/G Cheese Ravioli w/ Beef Meat Sauce -3oz Corn - 1c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz 23	All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and Cheese on W/G Sub Roll) Fresh Baby Carrots w/Dip-11/4c. Fresh Pear-1 Milk-8 oz. 24	Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 1c. Fresh Banana -1 Whole Wheat Dinner Roll -1 Milk - 8oz 25	W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 1% White Milk-6 oz. 26
Chicken Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas -2 Corn -1c Fresh Pear - 1 1% White Milk-6 oz. 29	Beef Meatball Parmigiana on Wheat Sub Roll -1 Diced Carrots - 1 1/4c Fresh Apple-1 Milk - 8oz 30			