

September 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 A) Chicken Nuggets (dinner roll) B) Sloppy Joe Potato Wedges, Fresh Fruit & Fresh Vegetable Choices Milk	4 A) BBQ Rib Sandwich B) Chili w/Corn Bread Side salad, Fresh Fruit & Vegetable Choices Milk	5 A) Mac & Cheese B) Meatball Sub Mixed Vegetable Cup, Fresh Fruit & Vegetable Choices Milk	6 A) Pepperoni Pizza Slice B) Cheese Pizza Slice Hummus/Carrots, Fresh Fruit & Vegetable Choices Milk
9 A) Cheeseburger B) Chicken Drumstick Rice, Green Beans, Fresh Fruit & Vegetable Choices Milk	10 A) Cheddar Cheese Bread Stick w/Sauce B) Cheese Quesadilla Spinach Salad, Fresh Fruit & Vegetable Choices Milk	11 A) Popcorn Chicken Bowl (dinner roll) Mashed Potatoes, Gravy, Corn Fresh Fruit & Vegetable Choices Milk	12 A) Chicken Tenders (muffin) B) Mini Corn Dogs Baked Beans, Fresh Fruit & Vegetable Choices Milk	13 A) Stuffed Crust Pepperoni Pizza B) Stuffed Crust Cheese Pizza Fresh Carrot & Tomato cup, Fresh Fruit & Vegetable Choices Milk
16 A) Breaded Mozzarella Sticks w/Marinara B) BBQ Chicken Flatbread Cherry Tomato Cup, Fresh Fruit & Vegetable Choices Milk	17 A) Beef or Chicken Nachos B) Cheese Nacho Refried Beans, Fresh Fruit & Vegetable Choices Milk	18 A) Pasta w/Meat Sauce B) Pasta w/Alfredo Sauce Bread stick, Cauliflower, Fresh Fruit & Vegetable Choices Milk	19 A) Soft Pretzel w/Cheese Sauce B) Chicken Sandwich Broccoli, Fresh Fruit & Vegetable Choices Milk	20 A) Personal Pepperoni Pizza B) Personal Cheese Pizza Peas, Fresh Fruit & Vegetable Choices Milk
23 A) BBQ Pork Sandwich B) Calzone-Cheese Onion Rings, Fresh Fruit & Vegetable Choices Milk	24 A) Lasagna(bread stick) B) Fish Sandwich Side Salad, Fresh Fruit & Vegetable Choices Milk	25 A) Grilled Cheese w/ Tomato Soup Fresh Fruit & Vegetable Choices Milk	26 A) French Toast B) Egg/Meat Breakfast Boat Sausage Patty, Hash brown, Fresh Fruit & Vegetable Choices Milk	27 A) Pepperoni Pizza Slice B) Cheese Pizza Slice Baked Beans, Fresh Fruit & Vegetable Choices Milk
30 A) Beef or Chicken Taco B) Chicken Sandwich Refried Beans, Fresh Fruit & Vegetable Choices Milk	Daily lunch will include: 2 Hot Entree Choices, Vegetable Choices(fresh & cooked), Fruit Choices(fresh & other fruit options), Milk Daily sandwich lunch will include: Turkey Sandwich, Ham Sandwich, Peanut Butter & Jelly. All sandwich lunches will include Vegetables Choices, Fruit Choices, and Milk. Student lunch cost \$3.00 Adult lunch cost \$4.50 * All of our gain products are at least 51% Whole Grain or Whole Grain Enriched			