




SEPTEMBER 2017

CUNNINGHAM SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Chicken and Noodles Mashed Potatoes Steamed Carrots Roll & Honey (9-12) Cantaloupe Canned Pineapple (9-12) Milk	2	3
4 LABOR DAY NO SCHOOL 	5 BBQ Chicken Roll & Jelly Baked Beans Sweet Potato Fries Fresh Fruit Applesauce (9-12) Milk	6 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Sliced Peaches Banana (9-12) Milk	7 Cheese Pizza Steamed Broccoli Fresh Baby Carrots Fresh Citrus Fruit Cup Canned Peaches (9-12) Milk	8 Biscuit & Gravy Sausage Patty Hash Brown Patty Green Beans Pear Halves Grapes (9-12) Milk	9	10
11 Corn Dog Green Beans Potato Wedges Watermelon Snickers Doodle Peaches (9-12) Milk	12 Taco Soup Corn Tortilla Chips & Salsa Fresh Broccoli Fresh Banana Fruit Cocktail (9-12) Milk	13 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Sliced Peaches Royal Brownie Fresh Bananas (9-12) Milk	14 Cavatini Seasoned Peas Garden Salad Roll & Jelly Fruit Cocktail Cookie (9-12) Applesauce (9-12) Milk	15 Chicken Quesadilla Tortilla Chips w/ Black Bean & Corn Salsa Refried Beans Fresh Fruit String Cheese (9-12) Canned Peaches (9-12) Milk	16	17
18 Baked Ham Sweet Potato Fries Green Beans Angel Biscuit & Jelly Fresh Grapes Tropical Fruit (9-12) Milk	19 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Potato Fries Strawberries & Bananas Pears (9-12) Milk	20 Chicken Nuggets Mashed Potatoes & Gravy Tossed Salad Roll & Honey Mandarin Oranges Fresh Bananas (9-12) Milk	21 Chili, Crackers Celery & Cucumbers Cinnamon Roll Peaches Grapes (9-12) Milk	22 Macaroni & Cheese Meatballs Seasoned Peas Fresh Baby Carrots Sliced Bread & Jelly (9-12) Apple Salad Chocolate Chip Cookie (9-12) Canned Peaches (9-12) Milk	23	
25 Beef & Bean Burrito Tortilla Chips (9-12) Tomato Salsa Mexican Corn Fresh Oranges Applesauce (9-12) Milk	26 BBQ Beef on a Bun Baked Beans Summer Fruit Salad Royal Brownie Cucumbers Canned Peaches (9-12) Milk	27 Stromboli Squares Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Diced Peaches Fresh Bananas (9-12) Milk	28 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Canned Peaches (9-12) Milk	29 Country Style Beef Pattie Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Mango Canned Pineapple (9-12) Milk	30	
This institution is an equal opportunity provider.		NOTES: Overnight oat yogurt parfait: 6 oz. nonfat plain Greek yogurt; 1/3 cup old-fashioned oats, uncooked; 1 cup frozen or fresh fruit, such as mango or berries. Mix the yogurt and oats together in a bowl. In a jar, layer the yogurt-oat mixture and fruit. Cover the jar with a lid and refrigerate overnight. Serves 1.				

L U N C H M E N U