



SEPTEMBER 2018

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Labor Day NO SCHOOL	4 Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fresh Apple Slices Canned Peaches(9-12) Milk	5 Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Sauteed Zucchini Tropical Fruit Oatmeal Cookie Fresh Pineapple (9-12) Milk	6 Spaghetti w/Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Canned Apples (9-12) Milk	7 Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon Cinnamon Puff Canned Pears (9-12) Milk	8	9
10 Biscuits & Gravy Sausage Patty (6-12) Peas Hashbrown Patty Fresh Plum Canned Pineapple (9-12) Milk	11 White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Banana Canned Peras (9-12) Milk	12 Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Fruit Cocktail (9-12) Milk	13 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Peach Tropical Fuit (9-12) Milk	14 BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans Creamy Cole Slaw Cantaloupe Apricot Halves (9-12)	15	16 
17 Corn Dog Tater Tots Carrots Snickerdoodle Applesauce Canned Pears (9-12) Milk	18 Cavatini Whole Wheat Roll & Jelly Green Beans Garden Salad Fresh Orange Peaches (9-12) Milk	19 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Fries Fresh Grapes Mandarin Oranges (9-12) Milk	20 Chicken Quesadilla Tortilla Chips Corn Refried Beans Fresh Cantaloupe Canned Pears (9-12) Milk	21 Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets Fresh Strawberries Fruit Cocktail (9-12) Milk	22	23
24 Macaroni & Cheese Meatballs Whole Wheat Roll & Jelly (6-12) Seasoned Peas Fresh Baby Carrots Apple Salad Canned Pears (9-12) Milk	25 Hamburger on a Bun Dark Green Leaf Lettuce Salad Tomato Slice Oven Fries Strawberries & Bananas Applesauce (9-12) Milk	26 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Pear Canned Pineapple (9-12) Milk	27 Baked Ham Biscuit & Jelly Sweet Potato Fries Green Beans Fresh Grapes Apple Crisp Canned Apricots (9-12) Milk	28 Chicken Chili Crisпитos Tortilla Chips (9-12) Red Bell Pepper Strips Carrots, Celery Cinnamon Twists 100% Fruit Juice Cups Canned Peaches (9-12) Milk	29	30 
This instutution is an equal opportunity provider.		NOTES: Watermelon Salad: 6 Cups of Baby Spinach, 2 Cups of Seedless Watermelon Chunks, 1 Cub Dived Feta Cheese, 1/2 Cup Low-fat balsamic Vinaigrette, In a large bowl, combine spinach (or other leafy green), watermelon and feta. Toss lightly with dressing. Serves 4.				