

SEPTEMBER 2020

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
USDA is an equal opportunity provider and employer	1 Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Sauteed Zucchini Tropical Fruit Oatmeal Cookie Fresh Bananas (9-12) Milk	2 Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Sliced Pears (9-12) Milk	3 Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon Cinnamon Puff Fruit Cocktail (9-12) Milk	4 Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Grapes Pinapple (9-12) Milk	5	6
NO SCHOOL	8 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Fresh Watermelon (9-12) Milk	9 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Pear Tropical Fruit (9-12) Milk	10 Baked Ham Biscuit & Jelly Sweet Potatoes Fries Green Beans Fresh Grapes Honey Apple Crisp Applesauce (9-12) Milk	11 Macaroni & Cheese Meatballs Whole Wheat Bread & Jelly Seasoned Peas Fresh Baby Carrots Apple Salad Mandarin Oranges (9-12) Milk	12	13
14 Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle Blueberries (9-12) Milk	15 Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets & Carrots Fresh Strawberries Fruit Cocktail (9-12) Milk	16 Pork Rib on a Bun Dark Green Leaf Lettuce Tomato Slice Sweet Potato Waffle Fries Fresh Apple Slices Pineapple (9-12) Milk	17 Cowboy Cavatini Whole Wheat Roll & Jelly Cooked Carrots Garden Salad Fresh Orange Pineapple (9-12) Milk	18 Chicken Quesadilla Tortilla Chips Seasoned Corn Refried Beans Fresh Cantaloupe Peaches (9-12) Milk	19	
21 Beef & Bean Burrito Tortilla Chips Tomato Salsa Romaine & Tomato Mexican Corn Diced Peaches Pears (9-12) Milk	22 Stromboli Squares Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Fresh Bananas Strawberries (9-12) Milk	23 BBQ Beef on a Bun Fresh Snow Peas Baked Beans Royal Brownie Summer Fruit Salad Apricot Halves (9-12) Milk	24 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Mandarin Oranges (9-12) Milk	25 Country Style Beef Pattie Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Fresh Pineapple Applesauce (9-12) Milk	26	
28 NO SCHOOL	29 Sweet & Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes Celery Sticks Tropical Fruit Blueberries (9-12) Milk	30 Super Nachos Refried Beans Seasoned Corn Fresh Mixed Fruit Cup Sliced Peaches (9-12) Milk	NOTES: Foods to sing about... Get your youngster excited about eating new foods by encouraging him/her to make up songs about them. He/she could pick a familiar tune (say "Mary Had a Little Lamb") and change the words to describe the food's taste, color, texture, or scent. <i>Example: "Mary had a roasted yam, tasted sweet like Jam."</i> Recess games... Head outside with your child, and teach them playground games you enjoyed at their age, such as freeze tag or capture the flag. They discover new ways to be active at recess and learn games to share with his classmates. <i>Idea: Ask them to show you a recess game you've never played.</i>			

