

Lunch Menu

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Beef Hot Dog w/ Oven Baked Fries, Starchy Vegetable, Whole Fruit, 1% & Fat Free White Milk	4 Turkey Nachos w/Tortilla Chips, Vegetable Packet, Whole Fruit, 1% & Fat Free White Milk	5 Chicken Alfredo, Side Salad, Whole Fruit, 1% & Fat Free White Milk	6 Teriyaki Chicken W/Not So Fried Rice, Vegetable Packet, 100% Fruit Juice, 1% & Fat Free White Milk
9 Baked Ziti w/Meat Sauce, Vegetable Packet, Fruit Juice, 1% & Fat Free White Milk	10 Chicken Patty Burger w/Oven Baked Fries, Starchy Vegetable, Whole Fruit, 1% & Fat Free White Milk	11 Turkey Chili, Popped Corn Chips, Vegetable Packet, Whole Fruit, 1% & Fat Free White Milk	12 Breaded Chicken Leg, Mac & Cheese, Side Salad, Whole Fruit, 1% & Fat Free White Milk	13 Chicken Burrito Bowl w/Rice & Vegetables, Vegetable Packet, 100% Fruit Juice, 1% & Fat Free White Milk
16	17 Cheeseburger w/Oven Baked Fries, Starchy Vegetable, Whole Fruit, 1% & Fat Free White Milk	18 Spaghetti & Meatballs, Vegetable Packet, Whole Fruit, 1% & Fat Free White Milk	19 Beef Nacho Burrito, Side Salad, Fruit, 1% & Fat Free White Milk	20 Breakfast for Lunch- French Toast, Sausage & Tots, Vegetable Packet, 100% Fruit Juice, 1% & Fat Free White Milk
23 Orange Chicken, Chow Mein Noodles, Vegetable Packet, 100% Fruit Juice, 1% & Fat Free White Milk	24 Corn Dog, Oven Baked Fries, Starchy Vegetable, Whole Fruit, 1% & Fat Free White Milk	25 Cheese Lasagna, Vegetable Packet, Whole Fruit, 1% & Fat Free White Milk	26 Plain Hamburger, Side Salad, Whole Fruit, 1% and Fat Free White Milk	27 Popcorn Chicken, Cheesy Mashed Potatoes, Vegetable Packet, 100% Fruit Juice, 1% & Fat Free White Milk
30 Green Chicken Enchiladas, Vegetable Packet, 100% Fruit Juice, 1% & Fat Free White Milk				

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.

