

SEPTEMBER 2021

Type Your School Name Here

LUNCH



Additional daily entrees:

Salad option

Sandwich option



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Teriyaki chicken w/ rice **1**
Asian vegetables
Apple slices
Milk

Hot dog **2**
Baked beans
Frozen juice cup
milk

Mozzarella cheese sticks **3**
w/ mariana
Green pepper slices
Tropical fruit salad
milk

Labor Day **6**
NO SCHOOL

Taco Salad **7**
Black beans with salsa
Orange wedges
Milk

macaroni and cheese **8**
green beans
pears
milk

Italian sub sandwich **9**
Cherry tomatoes
Fruit cup
Sun chips and milk

nachos **10**
carrot sticks
slushie
milk

BBQ rib patty sandwich **13**
Coleslaw
Grapes
milk

carnitas **14**
refried beans
apple
milk

spaghetti with meatball **15**
garlic bread
salad mix
fruit cup
milk

chicken drumstick **16**
roll
green beans
apple and milk

beef and cheese burrito **17**
broccoli with ranch
banana
milk

pepperoni pizza **20**
cucumber coins
peach cup
milk

cheeseburger **21**
French fries
Strawberries
Milk

Teriyaki chicken **22**
w/rice, Asian
vegetables
Apple slices and milk

Hot dog **23**
Baked beans
Frozen juice cup
Milk

mozzarella cheese **24**
sticks w/marinara
green peppers
tropical fruit and milk

chicken patty on a **27**
bun
buffalo cauliflower
peach cup and milk

taco salad **28**
black beans with salsa
orange wedges
milk

macaroni and cheese **29**
green beans
pears
milk

Italian sub sandwich **30**
Cherry tomatoes
Fruit cup
Sun chips and milk

