



Lunch Menu

September 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
August 29 Early Dismissal	August 30 Early Dismissal	August 31 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Baby Carrots & Garbanzo Beans Fruit Milk	September 1 Roast Turkey w/ Gravy Whole Wheat Bread Cooked Peas Fruit Milk	September 2 Cheese Sandwich on WW Bread Cucumber Salad Fruit Cheez-its Milk
September 5 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Tots Baby Carrots Fruit Milk	September 6 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Celery & Carrot Sticks Fruit Lite Ranch Dressing Milk	September 7 SunButter & Grape Fruit Spread Sandwich on WW Bread Side Garden Salad w/ tomato & cucumber w/ Italian Dressing Fruit Mozzarella String Cheese Milk	September 8 Turkey BBQ WG Sandwich Roll Cooked Peas Fruit Milk	September 9 Chicken Taco w/ Shredded Cheddar Cheese Lettuce & Tomatoes WG Flour Tortilla Fruit Milk
September 12 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk	September 13 Mac & Cheese w/ WG Pasta Whole Wheat Bread Peas & Carrots Fruit Milk	September 14 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese and Garbanzo Beans WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk	September 15 Baked Ziti w/ Grilled Chicken <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Whole Wheat Bread Cooked Carrots Fruit Milk	September 16 Turkey & Cheese on WW Bread Mayonnaise Baby Carrots Ranch Dressing Fruit Goldfish Pretzels Milk
September 19 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Fries Fruit Milk	September 20 Beef & Cheese Burrito on WG Flour Tortilla Corn Black Bean Salad Fruit Milk	September 21 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce Ranch Dressing WG Dinner Roll Fruit Milk	September 22 Swedish Meatballs WG Pasta w/ Butter Green Beans Fruit Milk	September 23 Chicken Salad on WG Bun Baby Carrots Three Bean Salad Fruit Milk
September 26 Teriyaki Chicken Fried Brown Rice Dinner Roll Peas and Carrots Fruit Milk	September 27 Beef BBQ on WG Bun Potato Wedges Fruit Milk	September 28 Grilled Chicken Garden Salad w/ Cucumbers & Tomatoes Ranch Dressing WG Dinner Roll Fruit Milk Goldfish Crackers	September 29 Hamburger Macaroni & Cheese w/ WG Pasta Dinner Roll Green Beans Fruit Milk	September 30 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Celery & Carrots Garbanzo Beans Ranch Fruit Milk

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos