

# What's on the Menu?

## LHS McDermitt WJrH: September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	5 Chicken and Cheese Enchiladas Beef Tzatziki Flatbread	6 Parmesan Chicken Wrap Beef Mac and Cheese	7 Beef Chili Shawarma Chicken Wrap	8 Mashed Potato Bowl Turkey Pesto Wrap
11 Chicken Nuggets Chicken Flat Bread Tostado	12 Beef Taco Bean and Cheese Taquitos	13 Chicken Alfredo Turkey Pesto Wrap	14 Sweet Potato and Spinach Stew Chicken Spinach and Swiss Sandwich	15 Teriyaki Chicken Tuna Salad Sandwich
18 Chicken Nuggets Beet Nachos	19 Beef Tacos Parmesan Chicken Wrap	20 Cheese filled Breadsticks Mac and Cheese	21 Pulled Pork BBQ Sandwich Pasta Rotini with Spaghetti Sauce	22 Mashed Potato Bowl Little Italy Turkey Wrap
25 Teriyaki Chicken Beef Taco Salad	26 Baja Beef Bowl Chicken Nuggets	27 Pulled Pork BBQ Sandwich Turkey Ham and Cheese Sandwich	28 Chicken Alfredo Chicken Tzatziki Sandwich	29 Sweet and Sour Chicken Chicken Swiss and Spinach Sandwich



Vegetarian



Locally Grown

All meals served with milk

*This institution is an equal opportunity provider.*