



School Lunch Menu **September 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Beef Enchilada Torte Corn Kiwi, Strawberries Fruit & Veggie Bar Bread/Grain Milk	2
3	4 	5 Chicken Alfredo Broccoli Canned Peaches, Oranges Fruit & Veggie Bar Bread/Grain Milk	6 Hawaiian Pork (GF) Peas & Carrots Pineapple, Cantaloupe Fruit & Veggie Bar Bread/Grain Milk	7 Cheeseburger (GFw/NB) French Fries Canned Pears, Cantaloupe Fruit & Veggie Bar Homemade Bun Milk	8 Chicken Fajita (GFw/NB) Green Beans Applesauce, Oranges Fruit & Veggie Bar Tortilla Chips Milk	9
10	11 Fiestada Corn Watermelon, Mandarin Oranges Fruit & Veggie Bar Bread/Grain Milk	12 Chicken Sandwich Smiley Fries Watermelon, Slushie Cup Fruit & Veggie Bar Homemade Bun Milk	13 Goulash Green Beans Honeydew, Fruit Cocktail Fruit & Veggie Bar Bread Milk	14 French Toast Casserole Juice Box Blueberries Strawberries Fruit & Veggie Bar Milk	15 Shepherd's Pie (GF) California Blend Veggies Honeydew, Berry Mix Fruit & Veggie Bar Bread Milk	16
17	18 Corn Dog Green Beans Apple, Fruit Cocktail Fruit & Veggie Bar Goldfish Crackers Milk	19 Mucho Nachos (GF) Refried Beans Canned Peaches, Grapes Fruit & Veggie Bar Bread/Grain Milk	20 Swedish Meatballs Corn Canned Pears, Grapes Fruit & Veggie Bar Rice Milk	21 Chicken Parmesan w/ Noodles (GFw/NB) Broccoli Pineapple, Kiwi Fruit & Veggie Bar Milk	22 Breaded Beef Patty Mashed Potatoes & Gravy Apple, Mandarin Oranges Fruit & Veggie Bar Dinner Roll Milk	23
24	25 Italian Dunkers w/ Red Meat Sauce (GFw/NB) California Blend Veggies Apple, Tropical Fruit Blend Fruit & Veggie Bar Milk	26 Rib Sandwich (GFw/NB) Sweet Potato Fries Kiwi, Applesauce Fruit & Veggie Bar Homemade Bun Milk	27 Chicken Enchilada Casserole Corn Berry Mix, Oranges Fruit & Veggie Bar Tortilla Chips Milk	28 Brunch Bake (GF) Juice Box Banana, Berry Mix Fruit & Veggie Bar Bread/Grain Milk	29 Creamed Pork over Mashed Potatoes Orange, Canned Pears Fruit & Veggie Bar Bread/Grain Milk	30

Daily Fruit & Vegetable Bar is available to students ordering the main dish or may be ordered alone & includes vegetables, fruit, & a grain.
The following beverages are available everyday: Water, 1% White Milk, 1% Chocolate Milk, Fat Free Strawberry Milk.

*Menu is subject to change at anytime.

*Milk is available for students bringing cold lunch for \$0.40.

(Students are encouraged to have money in their lunch account and not bring milk money to school daily.)

Fruit & Vegetable Bar will also include the following proteins:

Monday & Thursday—Yogurt, Tuesday & Friday—Cottage Cheese, Wednesday—Chef Salad Fixings (ham or turkey & shredded cheese).

GF - Gluten Free

GFw/NB - Gluten Free with no bread or bun

Student Lunch \$3.10

Reduced Price Lunch \$0.40

Extra Entrée (MS only) \$1.50

Adult Lunch \$4.60