

SEPTEMBER 2023

Byers School District 32J

Monday
Tuesday
Wednesday
Thursday
Friday


Ham & Cheese Hoagie **1**
Sun chips
Baby Carrots w/ Ranch
Applesauce
Milk

No School **4**

Taco Salad **5**
Corn Bread
Pinto Beans w/ Cheese
Grapes
Milk

Cheese Pizza **6**
Spinach Salad w/ Ranch
Strawberries
Milk

Mac & Cheese **7**
Dinner Roll w/ Butter
Steamed Carrots
Peaches
Milk

Boneless Buffalo Wings **8**
Biscuit w/ Butter
Celery Sticks w/ Ranch
Pears
Milk

Walking Tacos **11**
Cornbread
Refried Beans w/ cheese
Mixed Fruit
Milk

Sweet and Sour Chicken over Rice **12**
Egg Roll
Garden Salad w/ Ranch
Grapes
Milk

Spaghetti w/ Meat sauce **13**
Dinner Roll w/ Butter
Spinach Salad w/ Ranch
Watermelon
Milk

Ham & Cheese Roll Up w/ **14**
White Gravy
Broccoli & Carrots w/ Ranch
Strawberries
Milk

No School **15**

Chicken Tenders **18**
Biscuit w/ Butter
Mixed Vegetables
Apple Slices
Milk

Hamburgers **19**
French Fries
Baby Carrots w/ Ranch
Pears
Milk

Macho Nacho **20**
Corn
Peaches
Milk

Hot Dogs **21**
Tatar Tots
Broccoli w/ Ranch
Mixed Fruit
Milk

Chicken Soft Taco **22**
Tortilla Chips
Green Beans
Grapes
Milk

Salisbury Steak **25**
Dinner Roll w/ Butter
Mashed Potato w/ Gravy
Apple Slices
Milk

Chicken Patty Sandwich **26**
Corn Chips
Baked Beans
Grapes
Milk

Cheese Quesadilla **27**
Spanish Rice
Mixed Vegetables
Peaches
Milk

Italian Roll Up w/ marinara **28**
Garden Salad w/ Ranch
Pears
Milk

Chicken Pot Pie **29**
Spinach Salad w/ Ranch
Mixed Fruit
Milk