

SEPTEMBER 2023

Type Your School Name Here

LUNCH

1991



School Information:

*menu is subject to change

*This institution is an equal opportunity provider



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



Labor Day

4

Calzone
Carrots
Broccoli
Fruit
Milk

5

Fiestadas
Refried Beans
Peppers
Fruit
Milk

6

Corn Dog
French Fries
Cauliflower
Fruit
Milk

7

Tacos
Peppers
Corn
Fruit
Milk

1

Fish
Carrots
Side Salad
Fruit
Milk

11

Chicken Nuggets W/Roll
Carrots
Celery
Fruit
Milk

12

Quesadilla
Refried Beans
Peppers
Fruit
Milk

13

Boneless Rib Sandwich
French Fries
Broccoli
Fruit
Milk

14

Rotini Pasta Bread Stick
Carrots
Green Beans
Fruit
Milk

15

Scalloped Potatoes With
Ham
Broccoli
Carrots
Fruit
Milk

18

Philly Pin Wheels
Cauliflower
Tomatoes
Fruit
Milk

19

Ham and Cheese Stuffers
Tatter Tots
Corn
Fruit
Milk

20

Taco Triangles
Refried Beans
Peppers
Fruit
Milk

21

Pizza
Peas
Carrots
Fruit
Milk

22

Burritos
Peppers
Black Beans
Fruit
Milk

25

Sloppy Joes
Sweet Potato Fries
Side Salad
Fruit
Milk

26

Pizza Boats
Carrots
Celery
Fruit
Milk

27

Hot Dogs
French Fries
Green Beans
Fruit
Milk

28

Fair Day No School

29