

September School Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>All Meals are served with the students choice of 1%, Skim or Chocolate Milk</i>		Lunch Value Meal Consists of the Following Items. 1) Meat Choices 2) Whole Grain Rich options 3) Fruit (Includes Garden Bar) 4) Vegetable (Plus Garden Bar) 5) Milk Choices All For One Low Price!	Welcome Back To School!		1 Entrée 1: Baked Chicken Strips <u>Or</u> Entrée 2: Baked Mac & Cheese Side Options: *Baked Fries, Corn Muffin, *Fall Harvest Medley & Apple Sauce	The Ever Changing Garden Bar is Made Up of All You Can Eat Vegetarian Options Every Day.
	4 Labor Day No School	5 Entrée 1: Enchiladas <u>Or</u> Entrée 2: Taco Salad Supreme Side Options: *Spanish Rice, Salsa, Broccoli Salad, Corn, Diced Pears & Chocolate Chip Cookies	6 Entrée 1: *Mozzarella Sticks <u>Or</u> Entrée 2: Mini Corn Dogs Side Options: Chili, California Salad, Potato Wedges & Fruit Cocktail	7 Entrée 1: Grilled Reuben Sandwich W/ Chips <u>Or</u> Entrée 2: Baked Lasagna w/ Garlic Toast Side Options: Steamed Broccoli, Grape Clusters	8 Entrée 1: Grilled Chicken Sandwich^ <u>Or</u> Entrée 2: Oven Baked Fish w/Roll^ Side Options: * Sweet Potato Fries, Asparagus, Kiwi & *Coleslaw	
	11 Entrée 1: Grilled Brat^ <u>Or</u> Entrée 2: Cheese Burger^ Side Options: Baked Beans, Sauerkraut, Potato Rounds, Steamed Mixed Veggies & Water Melon	12 Entrée 1: Burrito <u>Or</u> Entrée 2: Hard or Soft Taco Side Options: *Baked Fries, Steamed Peas & Carrots , Sliced Peaches , Jello & Apple Rhubarb Crisp	13 Entrée 1: Roast Turkey w/ Roll^ <u>Or</u> Entrée 2: Popcorn Chicken Wrap Side Options: Mashed Potatoes w/ Gravy, Squash, Cranberry Chutney & Orange Wedges	14 Entrée 1: Meatballs & Gravy w/ *Noodles & Garlic Toast <u>Or</u> Entrée 2: Cheddar-Wurst ^ Side Options: Corn, Cucumber Salad & Tropical Medley	15 Entrée 1: Chicken Nuggets w/ Wheat Roll.^ <u>Or</u> Entrée 2: * Stromboli ^ Side Options: * Parsley Potatoes, California Blend & Apple Sauce	
	18 Entrée 1: Turkey Pot Pie w/ Whole Grain Biscuits <u>Or</u> Entrée 2: Sloppy Joe^ Side Options: Sweet Potato Fries, Brussel Sprouts, Cranberry Kale Salad & Kiwi	19 Entrée 1: Homemade Pizza <u>Or</u> Entrée 2: Fish Tacos Side Options: Potato Twists, *Coleslaw, Pico de Gallo, Steamed Green Beans & Cinnamon Sugar Apple Slices	20 Entrée 1: Chicken Wild Rice Soup <u>Or</u> Entrée 2: Beef Vegetable Soup Side Options: *Cheesy Bread Sticks, Blueberry Cobbler, Steamed Carrots & Fruit Cocktail	21 Entrée 1: Mini Corn dogs <u>Or</u> Entrée 2: Chicken Nuggets Side Options: *Corn Bread Muffins, *Potato Wedges, Cauliflower & Strawberries	22 Entrée 1: Chicken & Cheese Quesadilla <u>Or</u> Entrée 2: Fish Sandwich^ Side Options: Fries, *Zucchini Bake, Orange Wedges & Jello	
*Indicates a meatless option ^ Indicates item is served on a whole grain bun or bread	25 Entrée 1: * Cheese Fries <u>Or</u> Entrée 2: Baked Chicken Sandwich ^ Side Options: Curly Fries, Mixed Vegetable & Diced Mango	26 Entrée 1: Cheese Burger^ <u>Or</u> Entrée 2: * Nachos Side Options: Southwest Tots, Steamed Corn & Sliced Peaches & Banana Bar	27 Entrée 1: *Grilled Cheese^ <u>Or</u> Entrée 2: Chicken Fajita Wrap Side Options: * Tomato Soup, Crackers, Green Beans & Sliced Pears	28 Entrée 1: Biscuits ^& Gravy <u>Or</u> Entrée 2: Breakfast Slider ^ Side Options: Sausage Links, *American Fries, Grapes, Orange Juice & Sweet Roll	29 Entrée 1: Hotdog w/ Chips <u>Or</u> Entrée 2: *Baked Potato Bar w/ Roll Side Options: Chili, Steamed Broccoli, Coleslaw & Tropical Medley	