

September School Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Meals except 4K are served with the students choice of 1%, Skim or Chocolate Milk	Follow us on Facebook: @TRSDFoodService		Welcome Back To School! We are looking forward to serving you and having another great year!		<u>Lunch Value Meal Consists of the Following Items.</u> 1) Meat Choices 2) Whole Grain Rich options 3) Fruit (Includes Garden Bar) 4) Vegetable (Plus Garden	The Ever Changing Garden Bar is Made Up of All You Can Eat Vegetarian Options Every Day.
	3 No School	4 Entrée 1: Homemade Pizza^ Or Entrée 2: Braised Beef Stroganoff w/*Noodles & Garlic Toast^ <u>Side Options:</u> Steamed Corn & Fruit Cocktail	5 Entree 1: Philly Cheese Steak Sub^ Or Entree 2: Deli Sub^ <u>Side Options:</u> Potato Rounds & Sliced Peaches	6 Entrée 1: Pork Roast Or Entrée 2: Baked Chicken <u>Side Options:</u> Roll^, Mashed Potatoes & Gravy, Cranberries, Asparagus & Orange Wedges	7 Entrée 1: Chicken Strips Or Entrée 2: * Baked Mac & Cheese^ <u>Side Options:</u> Corn Muffin^, Baked Fries & Apple Sauce	
	10 Entrée 1: *Cheese Fries^ Or Entrée 2: Breaded Chicken Sandwich^ <u>Side Options:</u> Potato Twists, Steamed Cauliflower & Sliced Peaches	11 Entrée 1: *Cheese Quesadilla^ Or Entrée 2: Taco Salad Supreme^ <u>Side Options:</u> Spanish Rice, Salsa, Green Beans, Sliced Pears & Chocolate Chip Cookie	12 Entrée 1: *Mozzarella Sticks Or Entrée 2: Mini Corn Dogs <u>Side Options:</u> Chili, Potato Wedges, California Salad, & Fruit Cocktail	13 Entrée 1: Asian Chicken w/ Rice & Eggroll Or Entrée 2: Baked Lasagna w/ Garlic Toast <u>Side Options:</u> Steamed Broccoli & Grape Clusters	14 Entrée 1: Grilled Chicken Sandwich^ Or Entrée 2: Oven Baked Fish w/Roll^ <u>Side Options:</u> Sweet Potato Fries, Coleslaw & Cinnamon Sugar Apple Slices	
	17 Entrée 1: Grilled Brat^ Or Entrée 2: Cheese Burger^ <u>Side Options:</u> Baked Beans, Sauerkraut, Potato Rounds, Steamed Mixed Veggies & Pears	18 Entrée 1: Burrito ^ Or Entrée 2: Hard or Soft Taco <u>Side Options:</u> Baked Fries, Steamed Peas & Carrots, Apple Rhubarb Crisp & Sliced Peaches	19 Entree 1: Roast Turkey w/ Roll^ Or Entrée 2: Pop Corn Chicken Wrap^ <u>Side Options:</u> Mashed Potatoes w/ Gravy, Squash, Cranberry Chutney & Orange Wedges	20 Entrée 1: Meatballs & Gravy w/ *Noodles & Garlic Toast^ Or Entrée 2: Cheddar-Wurst ^ <u>Side Options:</u> Corn, Cucumber Salad & Fruit Cocktail	21 Entrée 1: Chicken Nuggets w/ Wheat Roll.^ Or Entrée 2: * Stromboli ^ <u>Side Options:</u> Parsley Potatoes, California Blend & Apple Sauce	
*Indicates a meatless option ^ Indicates item is served as a whole grain item	24 Entrée 1: Bacon Turkey Wrap^ Or Entrée 2: Sloppy Joe^ <u>Side Options:</u> Baked Fries, Brussel Sprouts & Kiwi	25 Entrée 1: Homemade Pizza^ Or Entrée 2: Meatball Sub^ <u>Side Options:</u> Zucchini Bake, Broccoli Salad & Cinnamon Sugar Apple Slices	26 Entrée 1: Chicken Wild Rice Soup Or Entrée 2: Beef Vegetable Soup <u>Side Options:</u> *Cheesy Bread Sticks, Steamed Carrots, Blueberry Cobbler & Fruit Cocktail	27 Entrée 1: Mini Corn dogs Or Entrée 2: Chicken Nuggets <u>Side Options:</u> Corn Bread Muffins, *Potato Wedges, Cauliflower & Applesauce	28 Entrée 1: *Cheese or Pepperoni Calzone Or Entrée 2: Fish Sandwich ^ <u>Side Options:</u> Fries, Green Beans, Coleslaw, Orange Wedges & Jello	