

# September 2022 HS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger</b> Oven Baked Fries <i>Ketchup</i>		<b>Beef Nachos</b> <i>Original Popped Chips</i>	<b>Chicken Tamale</b> w/ Seasoned Corn	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<b>SANDWICH OF THE DAY</b>				
<b>Turkey &amp; Cheese Sandwich</b> on French Roll <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i>		<b>Turkey Breast Club Sandwich</b> <i>Mayonnaise</i> <i>Nacho Chips w/ Bean Dip</i>	<b>Italian Turkey Submarine</b> <i>Fruitable Juice (4 oz)</i>	<b>Pinwheel Smoked Turkey &amp; Cheese Sandwich</b> <i>Mayonnaise</i>
<b>ENTRÉE SALAD OF THE DAY</b>				
		<b>Southwest Chicken Salad</b> <i>Original Popped Chips</i> <i>Ranch Dressing</i>	<b>Buffalo Chicken Salad</b> <i>Wheat Crackers</i> <i>Ranch Dressing</i>	<b>Tuna Salad</b> <i>Dinner Roll</i> <i>Ranch Dressing</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
29	30	31	1	2
<b>Chicken Patty Burger</b> Oven Baked Fries <i>Ketchup</i>	<b>DOMINO'S PIZZA</b> Cheese or Pepperoni	<b>Turkey &amp; Bean Chili</b> <i>Tortilla Chips</i>	<b>Breakfast for Lunch:</b> Pancake, Chicken Sausage & Seasoned Potatoes <i>Syrup</i>	<b>Mac &amp; Cheese</b> <i>WG Oatmeal Cookie</i>
<i>Oven Baked Fries in Meal</i> <i>Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Apple &amp; Whole Fruit</i>	<i>100% Fruit Juice &amp; Whole Fruit</i>	<i>Banana &amp; Whole Fruit</i>	<i>Pear &amp; Whole Fruit</i>	<i>Orange &amp; Whole Fruit</i>
5	6	7	8	9
<b>Labor Day Holiday</b>	<b>DOMINO'S PIZZA</b> Cheese or Pepperoni	<b>Chicken Fajitas</b> w/ Refried Beans & Peppers <i>Whole Grain Tortillas</i>	<b>Chicken Nuggets</b> w/ Mashed Potatoes <i>Whole Grain Crackers</i>	<b>Hamburger</b> <i>Whole Grain Sugar Cookie</i> <i>Ketchup</i>
	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Lettuce, Tomato &amp; Pickle Kit (1 c)</i>
	<i>100% Fruit Juice &amp; Whole Fruit</i>	<i>Banana &amp; Whole Fruit</i>	<i>Apple Sauce &amp; Whole Fruit</i>	<i>Orange &amp; Whole Fruit</i>
12	13	14	15	16
<b>Turkey Taco Burger</b> Oven Baked Fries <i>Ketchup</i>	<b>DOMINO'S PIZZA</b> Cheese or Pepperoni	<b>Chicken Burrito Bowl</b> w/ Rice & Black Beans <i>Whole Grain Oatmeal Cookie</i>	<b>Bake Ziti w/ Meat Sauce</b> <i>Dinner Roll</i>	<b>Beef Rib-A-Que Sandwich</b> on Hoagie Roll
<i>Oven Baked Fries in Meal</i> <i>Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Apple &amp; Whole Fruit</i>	<i>100% Fruit Juice &amp; Whole Fruit</i>	<i>Banana &amp; Whole Fruit</i>	<i>Pear &amp; Whole Fruit</i>	<i>Orange &amp; Whole Fruit</i>
19	20	21	22	23
<b>Beef Hot Dog</b> Oven Baked Fries <i>Ketchup</i>	<b>DOMINO'S PIZZA</b> Cheese or Pepperoni	<b>Chicken Chile Verde</b> Pinto Beans & Rice <i>Whole Grain Chocolate Chip Cookie</i>	<b>Beef BBQ Meatballs</b> w/ Mashed Potatoes <i>Dinner Roll</i>	<b>Chicken Parmesan Sandwich</b>
<i>Oven Baked Fries in Meal</i> <i>Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Apple &amp; Whole Fruit</i>	<i>100% Fruit Juice &amp; Whole Fruit</i>	<i>Banana &amp; Whole Fruit</i>	<i>Apple Sauce &amp; Whole Fruit</i>	<i>Orange &amp; Whole Fruit</i>
26	27	28	29	30
<b>Chicken Patty Burger</b> Oven Baked Fries <i>Ketchup</i>	<b>DOMINO'S PIZZA</b> Cheese or Pepperoni	<b>Turkey &amp; Bean Chili</b> <i>Tortilla Chips</i>	<b>Breakfast for Lunch:</b> Pancake, Chicken Sausage & Seasoned Potatoes <i>Syrup</i>	<b>Mac &amp; Cheese</b> <i>Whole Gain Sugar Cookie</i>
<i>Oven Baked Fries in Meal</i> <i>Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Apple &amp; Whole Fruit</i>	<i>100% Fruit Juice &amp; Whole Fruit</i>	<i>Banana &amp; Whole Fruit</i>	<i>Pear &amp; Whole Fruit</i>	<i>Orange &amp; Whole Fruit</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.