

September 2022 6-8 Lunch Menu

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