

September 2017

Type Your School Name Here

LUNCH



School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



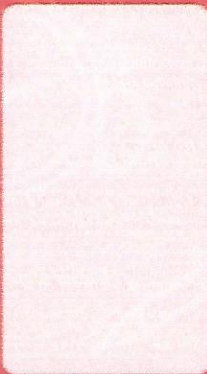
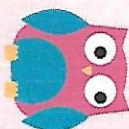
Monday

Tuesday

Wednesday

Thursday

Friday



1 PIZZA
YOGURT SNACKER
CHICKEN CAESAR SALAD
CALI BLEND
POPEYE SALAD
FROZEN JUICE CUP
MILK

4 HOLIDAY

5 BEEF STROGANOFF
YOGURT SNACKER
SOUTHWEST SALAD
CORN
GARDEN SALAD
CHILLED FRUIT
MILK

6 FISH NUGGETS
PIZZA SNACKER
FRUIT SALAD
COLE SLAW
STEAMED CARROTS
FRESH FRUIT
COOKIES MILK

7 CHICKEN & WAFFLES
HAM & CHEESE SANDWICH
CHEF SALAD
GREEN BEANS
FRESH VEGGIES
CHILLED FRUIT
MILK

8 CHEESEBURGER
YOGURT SNACKER
CHICKEN CAESAR SALAD
WAFLE FRIES
BAKED BEANS
APPLESAUCE
MILK

11 SPAGHETTI
PBJ
CHEF SALAD
CALI BLEND
GARDEN SALAD
FRESH FRUIT
MILK

12 TURKEY & RICE W/ROLL
YOGURT SNACKER
BAFFALO SALAD
STEAMED BROCCOLI
FRESH VEGGIE
CHILLED FRUIT
MILK

13 CHICKEN NUGGETS
TURKEY & CHEESE SANDWICH
FRUIT SALAD
CORN
BAKED BEANS
SPICED APPLES
MILK

14 KOREAN BBQ TACO
HAN & CHEESE SANDWICH
ASIAN CHICKEN SALAD
ASIAN SLAW
SWEET POTATO FRIES
CHILLED FRUIT
MILK

15 PIZZA
YOGURT SNACKER
CHICKEN CAESAR SALAD
GREEN BEANS
POPEYE SALAD
FROZEN JUICE CUP
MILK

18 CHICKEN DRUMMIES W/RICE
PBJ
HARVEST CHICKEN SALAD
STEAMED BROCCOLI
FRESH VEGGIES
FRESH FRUIT
MILK

19 CHICKEN SOFT TACO
YOGURT SNACKER
SOUTHWEST SALAD
ROMAINE & TOMATO
CHIPS & SALSA
MILK

20 BAKED ZITI
TURKEY & CHEESE SANDWICH
FRUIT SALAD
CALI BLEND
POPEYE SALAD
FRESH FRUIT
MILK

21 CUBAN FLATBREAD
PIZZA SNACKER
CHEF SALAD
BLACK BEANS
FRESH VEGGIES
CHILLED FRUIT
MILK

22 CHEESEBURGERS
YOGURT SNACKERS
CHICKEN CAESAR SALAD
WAFLE FRIES
GARDEN SALAD
APPLESAUCE
MILK

25 WHITE SPAGHETTI
PBJ
HARVEST CHICKEN SALAD
STEAMED BROCCOLI
FRESH VEGGIES
FRESH FRUIT
MILK

26 SHEPHERDS PIE
YOGURT SNACKERS
BUFFALO CHICKEN SALAD
GREEN BEANS
CHILLED FRUIT
MILK

27 CHICKEN PATTY SANDWICH
TURKEY & CHEESE SANDWICH
FRUIT SALAD
SWEET POTATO FRIES
CORN ON THE COB
SPICED APPLES
MILK

28 SLOPPY JOE NACHOS
HAM & CHEESE SANDWICH
CHEF SALAD
ROMAINE 7 TOMATO
PINTO BEANS
CHILLED FRUIT MILK

29 PIZZA
YOGURT SNACKER
CHICKEN CAESAR SALAD
CALI BLEND
FROZEN FRUIT CUP
MILK