

SEPTEMBER 2021

Type Your School Name Here



SOUTHWEST ELEMENTARY SCHOOL



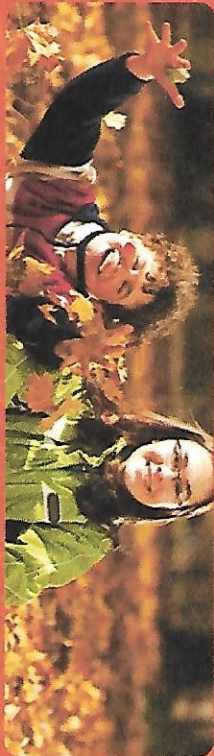
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Labor Day
DAY OFF**

6

BEEF SOFT TACO
CLUB FLATBREAD
FRUIT & YOGURT SALAD

7

DAY OFF

13

CHICKEN QUESO BOWL
TURKEY & CHEESE
SAND
FRUIT & YOGURT SALAD

14

FISH NUGGETS
PBJ UNGCRUSTABLE
HARVEST CHICKEN

20

CUBAN SANDWICH
CLUB SANDWICH
FRUIT & YOGURT SALAD

21

TERIYAKI RICE BOWL
PBJ UNGCRUSTABLE
SOUTHWEST CHX SALAD

27

CHICKEN ENCHILADAS
TRKY & CH FLATBREAD
FRUIT & YOGURT SALAD

28

CHICKEN & WAFFLE
PEANUT BUTTER BOX
CHICKEN CAESAR SALAD

1

CHICKEN NUGGETS
ITALIAN SUB
TURKEY SALAD

8

HAM & CHEESE
CALZONE
PEANUT BUTTER BOX
TURKEY SALAD

15

CHX PATTY SAND
ITALIAN SUB
CHX CAESAR SALAD

22

CHICKEN & WAFFLES
PEANUT BUTTER BOX
CHX CAESAR SALAD

29

~~SHEPHERDS PIE~~ PIZZA
CHICKEN WRAP
ASIAN CHICKEN SALAD

2

TRKY,BAC FLATBREAD
HAM & CHEESE SAND,
BUFFALO CHX SALAD

9

TURKEY POTPIE
CHICKEN WRAP
ASIAN CHICKEN SALAD

16

CHX PARMESAN
OVER SPAGHETTI
HAM & CHEESE SAND
BUFFALO CHICKEN SALAD

23

CHEESEBURGER
PIZZA SNACKER
CHEF SALAD

3

PEPPERONI PIZZA
YOGURT SNACKER
CHEF SALAD

10

CHEESEBURGER
PIZZA SNACKER
CHEF SALAD

17

PIZZA FIESTADA
YOGURT SNACKER
CHEF SALAD

24



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



LUNCH