

# September Lunch



## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Hamburger on Whole Grain Bun</b> Grilled Cheese  Roasted Potato Wedges (1/2 cup) Glazed Carrots (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Homemade Pizza</b>  Green Peas 1/2 cup) Green Beans(1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk/ Chocolate Milk
<b>Labor Day</b>	<b>Popcorn Chicken Mac &amp; Cheese Bowl</b> Grilled Cheese  Green Beans (1/2 cup) Steamed Broccoli (1/2 cup) Side Salad/Salad Bar Craisins Skim/1% Milk	<b>Sweet &amp; Sour Meatballs</b> Vegetarian Fried Rice  Green Peas (1/2 cup) Glazed Carrots (1/2 cup) Side Salad/Salad Bar Apple Juice (4 oz.) Skim/1% Milk	<b>Hot Dog on Whole Grain Bun</b> Veggie Burger  Tater Tots (1/2 cup) Seasoned Squash (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Turkey &amp; Cheese on a Roll</b> Cheesy Baked Ziti*  *Marinara Sauce (1/2 cup) Steamed Corn (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk/ Chocolate Milk
<b>Jerk Chicken</b> With Brown Rice Grilled Cheese  Rad Beans (1/2 cup) Seasoned Squash (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Pulled Pork Burrito</b> Veggie Burger  Fajita Peppers & Onions (1/2 cup) Mexican Street Corn (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Grilled Cheese Sandwich</b> Greek Chicken Salad  Green Beans (1/2 cup) Orange Ginger Carrots (1/2 cup) Side Salad/Salad Bar <b>Apple Juice (4 oz.)</b> Assorted Fruit Skim/1% Milk	<b>Chicken Nuggets</b> Veggie Nuggets & Roll  Green Peas (1/2 cup) Mashed Potatoes (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Homemade Pizza</b>  Steamed Broccoli (1/2 cup) Glazed Carrots (1/2 cup) Side Salad/Salad Bar <b>Orange Juice (4 oz)</b> Assorted Fruit Skim/1% Milk/ Chocolate Milk
<b>Chicken Ranch Wrap</b> Veggie Burger  Navy Beans (1/2 cup) Steamed Corn (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Asian Chicken Noodle Stir-Fry</b> Veggie Nuggets & Roll  Seasoned Carrots (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Chicken Drumstick with Mac + Cheese Bowl</b> Veggie Nuggets with Mac + Cheese  Sautéed Spinach (1/2 cup) Sweet Potato Wedges (1/2 cup) Side Salad/Salad Bar <b>Apple Juice (4 oz.)</b> Assorted Fruit Skim/1% Milk	<b>Hamburger on Whole Grain Bun</b> Veggie Nuggets & Roll  Sweet Potato Fries/Wedges (1/2 cup) Green Peas (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Pasta with Creamy Tomato Sauce*</b>  *Marinara Sauce (1/2 cup) Green Beans (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk/ Chocolate Milk
<b>Chicken Gumbo with 1/2 Grilled Cheese Sandwich</b> Grilled Cheese  Roasted Sweet Potatoes (1/2 cup) Collard Greens (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Spanish Chicken &amp; Rice (Arroz con Pollo)</b> Veggie Nuggets & Roll  Steamed Corn (1/2 cup) Pinto Beans (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Turkey and Cheese Melt on a Roll</b> Veggie Nuggets with roll  Glazed Carrots (1/2 cup) Tater Tots (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk	<b>Teriyaki Chicken Sandwich</b> Veggie Burger  Green Beans (1/2 cup) Seasoned Squash (1/2 cup) Side Salad/Salad Bar <b>Apple Juice (4 oz.)</b> Assorted Fruit Skim/1% Milk	<b>Homemade Pizza</b>  Steamed Corn (1/2 cup) Green Peas (1/2 cup) Side Salad/Salad Bar Assorted Fruit Skim/1% Milk

\*Indicates vegetable is included in the entree dish