

September 2020

Breakfast and Lunch Menu

LUNCH



School Information: Stay Safe!



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

1
Chicken Fajita w/
Cheese
Corn Cobbette
Fruit
Muffin & Juice

2
Meatball Sub
Assorted Sun Chips
Glazed Sweet Potatoes
Fruit
Cereal Bar & Juice

3
Corn Dog Nuggets
Green Beans
Fruit
Pop Tart & Juice

4
Spaghetti w/
Breadstick
Baby Carrots
Fruit
Cinnamon Roll & Juice

7
PBJ Sandwich
Assorted WG Chips
Baby Carrots
Fruit
Pop Tart & Juice

9
Country Fried Pork Patty on
Scalloped Potatoes
Veggie Juice
Fruit
Cinnamon Roll & Juice

10
Beef Soft Taco w/
Cheese
Steamed Corn
Fruit
Muffin & Juice

11
Honey Sriracha Chicken
Bites
Roasted Chicken Rice
Baby Carrots
Fruit
Cereal Bar & Juice

14
Country Fried Pork
Patty
Mashed Potatoes and Gravy
Veggie Juice
Fruit
Cinnamon Roll & Juice

15
Cheeseburger on Bun
Lettuce & Tomato
Assorted WG Chips
Fruit
Pop Tart & Juice

16
Hot Dog w/ Chili
Assorted WG Chips
Baby Carrots
Fruit
Cereal Bar & Juice

17
Sloppy Joe on Bun
Assorted WG Chips
Steamed Spinach
Fruit
Muffin & Juice

18
Chicken Fajita Nachos w/
Cheese
Steamed Corn
Fruit
Pop Tart & Juice

21
Chicken Nuggets
Mac and Cheese
Baby Carrots
Fruit
Cinnamon Roll & Juice

22
Double Cheese Grilled Cheese
Assorted Sun Chips
Veggie Juice
Fruit
Pop Tart & Juice

23
Spaghetti w/ Breadstick
Baby Carrots
Fruit
Muffin & Juice

24
Chicken Tenders (GF)
Glazed Sweet Potatoes
Green Peas
Fruit
Cereal Bar & Juice

25
Country Fried Pork Patty on
Scalloped Potatoes
Veggie Juice
Fruit
Cinnamon Roll & Juice

28
Pulled Pork on Bun
Assorted WG Chips
Steamed Spinach
Fruit
Muffin & Juice

29
PB & J Sandwich
Assorted WG Chips
Green Beans
Fruit
Cinnamon Bun & Juice

30
Hot Dog w/ Chili
Assorted WG Chips
Baby Carrots
Fruit
Cereal Bar & Juice

