



Lukachukai Community School

September Menu 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef Choice
4 	5 Egg & Sausage Sandwich, Assorted Juice, Orange a Smiles, Assorted Milk Lamb Stew, WG Fry Bread, Romaine Salad, Ranch, Cherry Pears, Assorted Milk	6 WG Bagel, Cream Cheese, Fruit Cocktail, Watermelon, Assorted Milk, Macaroni & Cheese, Dinner Roll, Steamed Carrots, Zucchini Squash, Strawberry, Assorted Milk	7 Breakfast Pizza, Assorted Juice, Strawberry & Banana, Assorted Milk Grilled Chicken Sandwich, Lettuce, Tomato, Cole Slaw, Sweet Potato Fries, Fresh Fruit, Assorted Milk	8 Chef Choice
11 French Toast Stick, Syrup, Sausage Patty, Assorted Juice, Blueberries, Assorted Milk Grill Cheese Sandwich, Minestrone Soup, Steam Corn, Diced Pears, Assorted Milk	12 Breakfast Burrito, Mild Salsa, Fresh Apple, Orange Smiles, Assorted Milk BBQ Chicken, Mashed Potato, Steamed Broccoli, Melon Bowl, Assorted Milk	13 Blue Corn Mush, Hard Boiled Egg, Assorted Juice, Fresh Grapes, Assorted Milk Bean & Cheese Burrito, Mild Salsa, Black Beans, Fresh Fruit, Assorted Milk	14 Whole Grain Toast, Assorted Jelly, Scramble Eggs, Diced Peaches, Watermelon, Assorted Milk Mandarin Orange Chicken, Season Brown Rice, Vegetable, Baby Carrots, Pineapple Tidbits, Assorted Milk	15 Pumpkin Chocolate Chip Muffin, Strawberry yogurt, Applesauce, Orange Smiles, Assorted Milk Cheese Pizza, Romaine Salad, Lite Ranch Dressing, Green Beans, Cantaloupe, Assorted Milk
18 Breakfast Taco, Mild Salsa, Assorted Juice, Fruit Cocktail, Assorted Milk Native Taco with Fry Bread, Mild Salsa, Mixed Berries, Assorted Milk	19 Whole Grain Pancakes, Syrup, Cinnamon Apple Slices, Fresh Grapes, Assorted Milk Pulled BBQ Turkey, Season Brown Rice, Sweet Cinnamon Squash, Green Beans, Fresh Fruit, Assorted Milk	20 Fruit & Yogurt Parfait, Honey Gram Crackers, Cantaloupe, Assorted Milk Beef Shepherd's Pie, Dinner Roll, Strawberries & Bananas, Assorted Milk	21 Cinnamon Rolls, Hard-boil Egg, Tater Tots, Fresh Apple, Assorted Milk White Chicken Chili, WG Cornbread, Honey Dilled Carrots, Roasted Cauliflower, Blueberries, Assorted Milk	22 Blueberry Muffin Squares, Assorted Yogurt, Assorted juice, Orange Smiles, Assorted Milk Spaghetti w/ Meat Balls, WG Breadstick Romaine Salad, Lite Ranch Dressing, Fresh Fruit, Assorted Milk
25 Egg & Sausage Sandwich, Pineapple Tidbits, Mix Berries, Assorted Milk Roasted Herb Turkey, WG Fry Bread, Three Sisters Salad, Diced Peaches, Assorted Milk	26 Cream of Wheat, Whole Grain Toast, Assorted Jelly, Assorted Juice, Fresh Grapes, Assorted Milk Greek Chicken Salad with Pita, Celery Sticks, Hummus, Pineapple Tidbits, Assorted Milk	27 Western Omelet Quesadilla, Mild Salsa, Diced Peaches, Fresh Apple, Assorted Milk Beef Burrito, Steamed Carrots, Romaine Salad Lite Ranch Dressing, Fresh Grapes, Assorted Milk	28 Blueberry Muffin, Assorted Yogurt, Assorted Juice, Cantaloupe, Assorted Milk Mandarin Orange Chicken, Season Brown Rice, Steamed Corn, Green Beans, Fresh Fruit, Assorted Milk	29 Baked French Toast, Syrup, Applesauce, Strawberries, Assorted Milk Sloppy Joe, Baked Beans, Carrot, Watermelon, Assorted Milk

Please wear your mask, and sanitize. Be respectful to others and practice good manners daily. Thank You 😊

This institution is an equal opportunity provider.

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