

# SEPTEMBER 2024

## LUNCH



**School Information:** This Institution is an Equal Opportunity Provider.

All fruit is either fresh, frozen or in lite syrup.



**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.



### MONDAY

Labor Day

2

No School

### TUESDAY

Crispito  
Spinach Salad  
Fruit  
Juice  
Milk

3

### WEDNESDAY

Hotdog  
Corn  
Fruit  
Juice  
Milk

4

### THURSDAY

Chili  
Cornbread  
Fruit  
Milk

5

### FRIDAY

Hamburger  
Cucumber Slices  
w/ Ranch  
Fruit  
Milk

6

Tomato Soup  
Grill Cheese  
Grapes  
Milk

9

Chef Salad  
Bread Stick  
Fruit  
Milk

10

Tater Tot Casserole  
Dinner Roll  
Fruit  
Milk

11

Taco Salad  
Doritos  
Black Beans  
Fruit  
Milk

12

Apple Raisin Chicken  
Salad  
Celery Sticks w/ Ranch  
Fruit  
Milk

13

Spaghetti w/ Meat Sauce  
Garlic Bread  
Carrots  
Fruit  
Milk

16

Chicken Nuggets  
Mac n' Cheese  
Spinach Salad  
Fruit  
Milk

17

Corndog  
French Fries  
Fruit  
Milk

18

Quesadilla  
Chili Beans  
Fruit  
Milk

19

Meatball Subs  
Broccoli & Carrot Stick  
w/ Ranch  
Fruit  
Milk

20

Cheeseburger Tacos  
Carrot Sticks w/ Ranch  
Fruit  
Milk

23

Chicken Pot Pie  
Broccoli w/ Cheese  
Fruit  
Milk

24

Cottage Pie  
Dinner Rol  
Fruit  
Milk

25

Meatloaf  
Mash Potatoes  
Roll  
Orange  
Milk

26

Steak Fingers  
Mash Potatoes  
Brown Gravy  
Fruit  
Milk

27

Bosco Stick  
Marinara  
Fruit  
Milk

30

