

SEPTEMBER 2024

LUNCH



Bringing our community together through diverse, nutritious, and delicious food choices.



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

TUESDAY

**School Closed
Staff In-Service**

3

WEDNESDAY

**School Closed
Staff In-Service**

4

THURSDAY

Macaroni & Cheese

Stewed Tomatoes
Peaches
Milk

5

FRIDAY

Wheat Cheese Pizza

Green Beans
Oranges
Milk

6

**Chicken Alfredo
w/Penne Pasta**

Broccoli
Pears
Milk

9

Taco Tuesday

Hard Taco w/Lettuce
Tomato, Cheese
Spinach and Mixed Fruits
Milk

10

**Roasted Chicken w/
Wheat Roll**

Carrots
Pineapple Chunks
Milk

11

**Sloppy Joe on
Wheat Roll**

Corn
Fruit Cocktail
Milk

12

Pizza Friday

Wheat Cheese Pizza
Green Beans
Oranges
Milk

13

**Turkey & Cheese on
Wheat Roll**

Spinach
Pears
Milk

16

**Nachos w/
Ground Beef & Beans**

Corn
Peaches
Milk

17

**Hot Turkey on
Wheat Bread**

Sweet Potatoes
Applesauce
Milk

18

**Cheeseburger on
Wheat Roll**

Peas
Pineapples
Milk

19

Wheat Cheese Pizza

Green Beans
Oranges
Milk

20

Roast Beef Po' Boy

Carrots
Pineapples
Milk

23

Beef & Bean Burrito

Spinach
Peaches
Milk

24

Turkey & Cheese Sub

Wheat Roll
Potato Salad
Mixed Fruit
Milk

25

**Italian Meatball on
Wheat Roll**

Lima Beans
Apple Slices
Milk

26

Wheat Cheese Pizza

Green Beans
Pears
Milk

27

Double Dog Day

Wheat Roll
Baked Beans
Apple
Milk

30

