

Moencopi Day School

-2023-

SEPTEMBER Lunch

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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.

Reference: North American Food Service



Adult Lunch \$4.25

Sides \$1.50

Milk \$0.50

This Institution is an equal opportunity.

****MAY SUBJECT TO CHANGE****

4



5

Philly Chicken Sub
Western Beans
Italian Baby Potatoes
Mango Chunks
Assorted Milk

6

Volcanic Meatloaf
WG Bread w/ Butter
Mashed Potatoes
Poultry Gravy
Mixed Vegetables
Blush Applesauce
Assorted Milk

7

Chicken Teriyaki
Seasoned Brown Rice
Sweet & Sour Broccoli Salad
Parsley Carrots
Fresh Fruit
Assorted Milk

8

Beef Enchilada Bake
Cilantro Lime Brown Rice
Refried Beans
Zucchini Squash
Watermelon
Assorted Milk

11

Beef Taco Pie
Mild Salsa
Black Beans
Fresh Fruit
Assorted Milk

12

Buffalo Chicken Wrap
Steamed Corn
Melon Bowl
Assorted Milk

13

Chicken Tomato Bake
Steamed Broccoli
Diced Pears
Assorted Milk

14

Harvest Stew
WG Fry Bread
Potato Wedges
Celery Sticks
Sliced Peaches
Assorted Milk

15

Cheese Pizza
Romaine Salad
Lite Ranch Dressing
California Vegetables
Fresh Fruit
Assorted Milk

18

Chicken Bowl
Fresh Fruit
Assorted Milk

19

Lamb Stew
WG Fry Bread
Romaine Salad
Lite Ranch Dressing
Cherry Pears
Assorted Milk

20

Macaroni & Cheese
Dinner Roll
Steamed Carrots
Zucchini Squash
Strawberries
Assorted Milk

21

Grilled Chicken Sandwich
Lettuce & Tomato
Ketchup/Mustard/Mayonnaise
Cole Slaw
Sweet Potato Fries
Fresh Fruit
Assorted Milk

22

Hominy Stew
WG Dinner Roll
Romaine Salad
Lite Ranch
Watermelon
Assorted Milk

25

Turkey Cheese Sub
Ketchup/Mustard/Mayonnaise
Steamed Corn
Diced Pears
Assorted Milk

26

BBQ Chicken Breast
Mashed Potatoes
Steamed Broccoli
Melon Bowl
Assorted Milk

27

Bean & Cheese Burrito
Mild Salsa
Black Beans
Fresh Fruit
Assorted Milk

28

Mandarin Orange Chicken
Seasoned Brown Rice
Asian Vegetables
Baby Carrots
Pineapple Tidbits
Assorted Milk

29

Chicken Patty Sandwich
Ketchup/Mustard/Mayonnaise
Green Beans
Cantaloupe
Assorted Milk