

SEPTEMBER 2022

May ISD

LUNCH

This institution is an equal opportunity provider



School Information: Students K-6 Regular Price: \$2.75
 Students 7-12 grades \$3.00 Reduced \$0.40
 Milk & Juice is offered with each meal
 Additional Milk & Juice \$0.50 each
 Adult price is \$3.75



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.



Menu is subject to change due to delivery.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

5

King Ranch Chicken
 Ranch Beans
 Celery
 Rolls/Fruit
 Milk/Juice

6

Steak Fingers
 Potato Wedges
 Cooked Carrots
 Gravy/Rolls/Fruit
 Milk/Juice

7

Grilled Cheese
 Chips
 Mixed vegetables
 Fruit
 Milk/Juice

1

Tiger Cheese Burgers
 French Fries
 Baked Beans
 Fruit
 Milk/Juice

2

Chicken Nuggets
 French Fries
 Baked Beans
 Fruit
 Milk/Juice

12

Taco Salad
 Refried Beans
 Spanish Rice
 Fruit
 Milk/Juice

13

Baked Fish
 Macaroni Cheese
 Cole Slaw
 Fruit
 Milk/Juice

14

Pizza
 Corn
 Celery
 Fruit
 Milk/Juice

15

Chicken on Bun
 Chips
 Cook Carrots/Broccoli
 Fruit
 Milk/Juice

16

Corn Dogs
 Tater Tots
 Baked Beans
 Fruit
 Milk/Juice

19

Chicken Quesadilla
 Refried Beans
 Spanish Rice
 Fruit
 Milk/Juice

20

Salisbury Steak
 Mashed Potato
 Corn/Rolls
 Fruit
 Milk/Juice

21

Orange Chicken
 Rice/Egg Rolls
 Mixed Vegetables
 Fruit
 Milk/Juice

22

Ham Cheese Subs
 Chips
 Broccoli/Carrots
 Fruit
 Milk/Juice

23

Student Holiday

26

Chicken Fried Steak
 Mashed Potato/Gravy
 Cooked Carrots
 Fruit
 Milk/Juice

27

Chicken Strips
 French Fries
 Green Beans/Rolls
 Fruit
 Milk/Juice

28

Frito Pie
 Peas
 Carrots
 Fruit
 Milk/Juice

29

Tiger Cheese Burgers
 Chips
 Ranch Beans/Broccoli
 Fruit
 Milk/Juice

30