

# SEPTEMBER 2022

# Moencopi Day School

## LUNCH



**Adult Lunch \$3.75 Sides \$1.00 Milk \$0.50**

**This Institution is an equal opportunity.**

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



**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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Labor Day- NO SCHOOL**



Chicken Bowl  
WG Cornbread  
Mandarin Oranges  
Milk

12

Sloppy Joe  
Steamed Corn  
Applesauce  
Milk

6

Chicken Tomato Bake  
WG Garlic Breadstick  
Steamed Broccoli  
Diced Pears  
Milk

7

Hamburger Gravy  
Seasoned Brown Rice  
Green Beans  
Carrots  
Sliced Peaches  
Milk

1

Pulled BBQ Turkey  
Garlic Toast  
Ranch Style Beans  
Corn on Cob  
Watermelon  
Milk

2

**International Literacy Day**  
Beef Chili w/ Beans  
WG Cornbread  
Zucchini Squash  
Sliced Peaches  
Milk

8

Choice of Pizza  
Romaine Salad  
Ranch Dressing  
California Vegetables  
Fruit Cocktail  
Milk

9

Turkey Cheese Sub  
Ketchup/Mustard/Mayo  
Ranch Style Beans  
Baby Carrots w/ Ranch  
Fruited Jello  
Milk

19

Bean & Cheese Burrito  
Mild Salsa  
Steamed Corn  
Mandarin Oranges  
Milk

20

Frito Chili Pie  
Diced Peaches  
Milk

21

Grilled Chicken Sandwich  
Lettuce & Tomato  
Cole Slaw  
Sweet Potato Fries  
Sliced Peaches  
Milk

15

**National Stepfamily Day**  
Meatloaf  
Garlic Toast  
Ranch Style Beans  
Sidekicks  
Milk

16

**First Day of Fall**  
Macaroni & Cheese  
Steamed Corn  
Zucchini Squash  
Fruit Mix  
Milk

22

Chicken Patty Sandwich  
Ketchup/Mustard/Mayo  
Romaine Salad  
Ranch Dressing  
Cantaloupe  
Milk

23

Hot Ham/Cheese Sandwich  
Baked Beans  
Sweet Potato Fries  
Mixed Berries  
Milk

26

Meatloaf  
WG Cornbread  
Seasoned Brown Rice  
Steamed Carrots  
Diced Pears  
Milk

27

**World School Milk Day**  
Hot Turkey Sandwich  
Zucchini Squash  
Fruit Mix  
Milk

28

Beef Stew  
Dinner Roll  
Steamed Broccoli  
Blueberries  
Milk

29

Spaghetti w/ Meat Balls  
Romaine Salad  
Ranch Dressing  
Diced Peaches  
Milk

30