

SEPTEMBER 2024

LUNCH



All meals are served with a fresh fruit and vegetable bar and milk.
All menus are subject to change.
Let us help you fill out a free or reduced meal application.



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

Tater Tot Hotdish
Steamed Vegetables
Bread and Butter

3

WEDNESDAY

Chicken Fried Steak
Mashed Potatoes/Gravy
Steamed Vegetables
Bread and Butter

4

THURSDAY

Ham Patty/WG bun
Nachos
Baked Beans

5

FRIDAY

Super Nachos
Salsa/Refried Beans

6

Scalloped Potatoes
Ham
Steamed Veggies
Bread and butter

9

Roasted Turkey
Mashed Potatoes/Gravy
Steamed Vegetables

10

Spaghetti
Meat sauce
Breadstick
Steamed Vegetables

11

Boneless Chicken Chunks
Steamed Vegetables
Bread and butter

12

Pork Sandwich/WG
Bun
Potato Salad
Baked Beans

13

Orange Chicken
Rice
Steamed Vegetables

16

Chicken Strips
Rotini
Baked Beans

17

NATIONAL
CHEESEBURGER DAY
Wedges

18

Pork Carnita Tacos
Corn Salsa
Beans

19

NO SCHOOL

20

Crispitos
Refried Beans/Salsa
Steamed Vegetables

23

Lasagna
Steamed Vegetables
Breadstick

24

Chicken Patty
WG bun
Vegetables

25

Chili
Cinnamon Roll
Steamed Vegetables

26

HOMECOMING
Sub Sandwiches
Chips/Baked Beans

27

Italian Dunkers
Marinara Sauce
Steamed Vegetables

30

