

SEPTEMBER | 2022

Middlefork/ RSSP



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Reviewed 9/1/22

29	30	31	1 Turkey and Cheese Sandwich w/ lettuce & tomato Fresh Carrots Fresh Orange	2 Chicken Patty French Fries
5 No School Labor Day	6 Macaroni & Cheese Ham Slice Green Beans Fresh Grapes	7 BBQ Diced Chicken Sandwich Potato Wedges Fresh Bag of Red cherry Tomatoes Diced Pears	8 Nachos w/Beef Taco Meat, shredded lettuce, cheese sauce, Sour cream & Salsa Red Beans Fresh Orange	9 Hand Tossed Variety Pizza Hand Tossed Salad Fresh Fruit Variety
12 Baked Potato w/Chili, Butter, & Sour cream Fresh Apple Veggie Bag WG Dinner Roll	13 Chicken Fajita w/Bell peppers & onion on Tortilla Spanish Rice Refried Beans Fresh Grapes	14 Homemade Lasagna or Cheeseburger Mac Broccoli Peach Cup WG Dinner Roll	15 Meatballs w/ Mashed Potatoes Steamed Carrots Fresh Orange Dinner Roll	16 BBQ Pulled Chicken Sandwich Brown Rice Bag of Fresh Cherry Tomatoes Fresh Fruit Variety
19 Cheeseburger on Bun Lettuce & Tomato Wedges Fresh Apple	20 Pizza or Chicken & Noodles Mashed Potatoes Baby Carrots Fresh Grapes	21 School Improvement Day Early Dismissal No Lunch Served	22 Chicken Tender w/waffles BBQ sauce & Syrup Steamed mixed Vegetables Fresh Orange Dinner Roll	23 Italian Beef Baby Carrots w/ranch Steamed Broccoli Fresh Fruit Variety
26 Orange Chicken Brown Rice Red Beans Steamed Broccoli Fresh Apple	27 Cheese Ravioli with marinara sauce Garlic Bread Tossed Salad Red Peppers Fresh Grapes	28 Chicken Bowl w/Mashed Potatoes WG Dinner Roll Steamed Corn Fruit Cup	29 Turkey Sausage Pizza Steamed Carrots Fresh Veggie Bag Fresh Orange	30 Chili Mac Green Beans WG Dinner Roll Fresh Mixed Fruit

Served Daily:
1% White Milk
1% Chocolate Milk

For Questions Regarding This Menu, Please Contact:
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