



September

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... AUGUST 29 – SEPT. 2				Breaded Pizza Burger Mozzarella Cheese Pizza Sauce Fresh Tomato/cucumber Slices Diced Peaches	PK-8 Tony's Pepperoni Pizza 9-12 Big Dad's Pepp pizza Seasoned Garbanzo Beans Capri Blend Veg/Pepper strips Strawberries/Bananas Pudding Cup
Week of... SEPTEMBER 5 – 9	No School Labor Day	K-5 Hot Ham/Bun 6-12 Pretzel Bun Cheese Slice Seasoned Potato Wedges Tomato/Cucumber Slices Pineapple Tidbits	Bacon Chicken Ranch Wrap 6-12 Flatbread Cheese/Lettuce Sliced Tomatoes/Salsa Mexicali Corn Crisp Apple Wedges Chocolate Brownie	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Peaches	Grilled Hot Dog/Bun 6-12 choice Cheddarwurst Oven Bkd Beans Baby Carrots Cauliflower Florets/dip Fresh Melon Mix
Week of... SEPTEMBER 12 – 16	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	Breaded Chicken Strips Whipped Potatoes Crisp Celery Stix Broccoli Florets Juicy Orange Wedges Fresh Bkd Cinn Breadstix	PK-5 Egg Cheese Omelet French Toast Stix/syrup 6-12 Brkfst Scramble (egg,ham,cheese) Hashbrown Pty,Dice Tomato Garbanzos, Hot Cinn Apples Cinn A Bun	PK-3 Gr. Chicken Chez Melt 4-12 Gr.Chix Chez Flatbread Seasoned Corn/Tomatoes Pepper Strips Crisp Apple Wedges 6-12 Macaroni Salad	PK-8 Tony's Cheese Pizza 9-12 Big Dad's 4 Cheese pizza Broccoli Normandy Cowboy Salsa Diced Peaches WG Cookie
Week of... SEPTEMBER 19 – 23	No School Teacher PD	Maidrite/ Bun Seasoned Corn Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Rice Krispy Bar	Chili / Fritos Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	PK-5 Mexicali Taco Boat 6-12 Bkd. Potato / FF Bar choice: Taco, Ham,Cheese Steamed Broccoli Tomatoes/Salsa/Blk Beans Applesauce Fresh Bkd. Dinner Roll	Pizza Crunchers Seasoned Green Beans Cauliflower Florets Diced Peaches Jello
Week of... SEPT. 26 – SEPT. 30	PK-5 Turkey Cheese Deli Sub 6-8 Flatbread 9-12 w/Bacon Sh. Lettuce/Tomato Slices Cowboy Salsa Juicy Orange Wedges Baked Doritos	Hamburger w/ Bun Cheese Slice Bkd French Fries Fresh Tomato/Cucumber Slices Applesauce	Popcorn Chicken Whipped Potatoes Fresh Broccoli Florets Crisp Radishes Mixed Fruit Fresh Bkd Cinn Breadstix	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Peaches Goopy Chocolate Muffin	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Savory Black Beans Seasoned Rice Crisp Apple Wedges
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH
5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
*Students must choose at least 3 of the 5 items offered, one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements in limiting calories to 30% from fat and 35% from sugar.