

# September 2019

<p><b>2</b> NO SCHOOL</p>	<p><b>3</b></p> <p>Super Nachos Shredded Lettuce Diced tomatoes/Salsa Hearty Refried Beans Pineapple tidbits Milk</p>	<p><b>4</b></p> <p>Breaded Chicken Nuggets Whipped Potatoes Broccoli Florets Diced Peaches 6-12 Fresh Baked Muffin Milk</p>	<p><b>5</b></p> <p>Hamburger/ Bun Cheese Slice Oven Bkd. French Fries Sliced Tomatoes Applesauce Milk</p>	<p><b>6</b></p> <p>Grilled Hot Dog 6-12 Choice Cheddarwurst Baked Beans Crunchy Baby Carrots Diced Pears Milk</p>
<p><b>9</b></p> <p>Mr. Ribb/Bun Baked French Fries Crunchy Baby Carrots Mixed Fruit Milk</p>	<p><b>10</b></p> <p>Breaded Chicken Strips Mashed Potatoes Broccoli Florets Crisp Apple Wedges 6-12 Fresh Baked Muffin Milk</p>	<p><b>11</b></p> <p>Italian Pizza Pasta Bake Capri Blend Vegetables Cucumber Slices Diced Pears Fresh Bkd Dinner Roll Milk</p>	<p><b>12</b></p> <p>Turkey Cheese Deli Sub Lettuce/Tomato Slices Cowboy Salsa/Sunchips Juicy Orange Wedges Milk</p>	<p><b>13</b></p> <p>Chili Crispito/Cheese Diced tomatoes/Lettuce Seasoned Black Beans Salsa/Pineapple Tidbits 9-12 Seasoned Rice Milk</p>
<p><b>16</b></p> <p>Hot Ham/Bun 6-12 Cheese Slice Bkd Potato Wedges Pineapple Tidbits Milk</p>	<p><b>17</b></p> <p>K-5 Soft Taco 6-12 Taco Bar Lettuce/Cheese/Salsa Diced Tomatoes/ Refried Beans Sidekicks Slushie Milk</p>	<p><b>18</b></p> <p>K-5 Egg Chez Biscuit 6-12Egg Chez Omelet Fltbread 6-12 Ham Dices/ Tritator Red Pepper Strips Fresh Spinach/ Apple Wedges, Milk</p>	<p><b>19</b></p> <p>K-3 Chicken Fries 4-12 Mandarin Orange Chicken Garden Blend Rice Mashed Potatoes Stirfry Vegetables Diced Peaches /Cookie Milk</p>	<p><b>20</b></p> <p>Pizza Crunchers Seasoned Green Beans Diced Pears Milk</p>
<p><b>23</b> NO SCHOOL</p>	<p><b>24</b></p> <p>K-5 The Max Pepperoni Pizza 6-12 Stf Crust Pepperoni Pizza California Blend Vegetables Cucumber Slices Juicy Orange Wedges Milk</p>	<p><b>25</b></p> <p>Chicken Noodle Soup Grilled Cheese Sandwich Crunchy Carrot/ Celery Sticks, Crisp Apple Wedges Milk</p>	<p><b>26</b></p> <p>Breaded Pork Patty / Bun Seasoned Green Beans Applesauce Milk</p>	<p><b>27</b></p> <p>Breaded Mozzarella Sticks/ Marinara Sauce Seasoned Corn Two Bean Salad Diced Peaches Milk</p>
<p><b>30</b></p> <p>Taco Pizza Wedges Broccoli Florets/dip Two Bean Salad Diced Pears 6-12 Jello Squares</p>				

USDA Requirements for a reimbursable Lunch: 5 Daily Components  
Meat/Meat Alternate  
Fruit  
Vegetable  
Bread/Grain  
Milk  
Students Must choose 3 items of the 5. One must be a half cup of fruit/vegetable or combination of both. Skim, Skim Choc, 1% are offered daily. WG Bread, buns, desserts are always used. All items offered meet the USDA requirements in limiting calories, fat, sugar.

Fruit/Veggie bars available from 3<sup>rd</sup> grade thru 12<sup>th</sup> grade

Menu subject to change

This institution is an equal opportunity employer.

