



September 2017

LUNCH MENU – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Spaghetti w/ Meat Sauce Romaine Salad w/ Lowfat Dressing Celery Sticks Canned and Fresh Fruit Whole Wheat Breadstick w/ Cheese Milk
LABOR DAY NO SCHOOL 4	5 Pizza Celery w/ Lowfat Dip Cooked Cauliflower Canned Fruit Fresh Fruit Milk	6 Hoagie Carrots w/ Lowfat Dip Japanese Blend Applesauce Craisins Milk	7 Beef Teriyaki Nuggets Baked Beans Broccoli w/ Lowfat Dip Diced Pineapples Whole Wheat Dinner Roll Fruit Juice Milk	8 Turkey or Chicken Pot Pie Cooked Carrots Romaine Salad w/ Lowfat Dressing Fresh and Canned Fruit Whole Grain Bread Milk
11 Chicken Nuggets Steamed Broccoli Sweet Potato Fries Canned and Fresh Fruit Whole Wheat Dinner Roll Milk	12 Lasagna Cooked Cauliflower Celery w/ Lowfat Dip Grapes and Fruit Juice Whole Grain Breadstick w/ Cheese Milk	13 Chicken Fajita Wrap w/ Lettuce, Tomato, Beans, Cheese Baby Carrots w/ Lowfat Dip Whole Wheat Sugar Cookie Canned and Fresh Fruit Milk	14 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Fresh Fruit/Craisins Whole Wheat Dinner Roll Milk	15 Breaded Chicken Patty on Whole Wheat Bun w/ Tomato Romaine Salad w/ Lowfat Dressing Baby Carrots Canned and Fresh Fruit Milk

<p>Baked Chicken Green Beans Baked Fries Diced Strawberries/Juice Whole Wheat Dinner Roll Milk</p>	<p>18</p>	<p>Corndogs Celery w/ Lowfat Dip Cooked Cauliflower Whole Wheat Bread Canned Fruit/Craisins Milk</p>	<p>19</p>	<p>Chicken Alfredo Steamed Broccoli Carrots w/ Lowfat Dip Fresh and Canned Fruit Whole Wheat Breadstick w/ Cheese Milk</p>	<p>20</p>	<p>Beef Vegetable Soup Toasted Cheese on Whole Wheat Bread Romaine Salad w/ Lowfat Dressing Celery Applesauce/Fresh Fruit Milk</p>	<p>21</p>	<p>BBQ Drummies Baked Beans California Blend Fresh and Canned Fruit Whole Wheat Dinner Roll Milk</p>	<p>25</p>	<p>Macaroni and Cheese Steamed Broccoli Cucumbers/Tomatoes Yogurt/Apple Canned Fruit Whole Wheat Dinner Roll Milk</p>	<p>26</p>	<p>Grilled Chicken Patty Baby Carrots w/ Lowfat Dip Lettuce and Tomato Graham Crackers Canned Fruit/Craisins Milk</p>	<p>27</p>	<p>Cheeseburger on Whole Wheat Bun Sweet Potato Fries Celery w/ Lowfat Dip or Peanut Butter Graham Crackers Fresh Fruit/Fruit Juice Milk</p>	<p>28</p>	<p>Taco Surprise Salsa/Beans Tomato and Cucumbers Tortilla Chips Animal Crackers Fresh Fruit/Fruit Juice Milk</p>	<p>29</p>	<p>Chicken and Noodles Winter Blend Carrots w/ Lowfat Dip Mandarin Oranges/Craisins Whole Wheat Dinner Roll Milk</p>
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"This institution is an equal opportunity employer and provider."