

School Food is Cool Food!

September Lunch Menu *Meals Subject to Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Average
3 Labor Day District Closed	4 Munchable Lunch String Cheese Yogurt Dinner Roll Chilled Fruit Carrot Coins Celery Sticks	5 Choice A Mini Corn Dogs Potato Rounds Carrot Coins Apple Slices Choice B Pancakes Veggie Sausage Patty Potato Rounds Carrot Coins Apple Slices	6 Pizza Dippers w/ Marinara Celery Sticks Chilled Fruit	7 Turkey & Cheese Sandwich Zucchini Coins Cherry Tomatoes Chilled Fruit Milk No Vegetarian Menu	
10 Choice A Hot Dog on MG Bun Potato Rounds Celery Sticks Chilled Fruit Choice B Grilled Cheese Potato Rounds Celery Sticks Chilled Fruit	11 Topsy Turvy Yogurt Pancakes w/ Syrup Apple Slices Carrot Coins Celery Sticks	12 Cheese Pizza Carrot Coins Cucumber Slices Peaches	13 Choice A Soft Shell Taco Beef, Shredded Cheese Black Bean Salsa Apple Slices Giant Goldfish Cracker Choice B Bean & Cheese Burrito Black Bean Salsa Carrot Sticks Apple Slices Giant Goldfish Cracker	14 Munchable Lunch String Cheese Yogurt Dinner Roll Grapes Carrot Coins Celery Sticks Milk No Vegetarian Menu	<u>Calories</u> 587.29 <u>Saturated Fat</u> 9.00% <u>Sodium</u> 906.59 mg
17 Choice A Mini Corn Dogs Potato Rounds Chilled Fruit Fresh Broccoli Choice B Pancakes Veggie Sausage Patty Potato Rounds Chilled Fruit Fresh Broccoli	18 Cheese Pizza Celery Sticks Cherry Tomatoes Pineapple Tidbits	19 Pizza Dippers w/ Marinara Apple Slices Bean Salad	20 Choice A Shells w/ Meat sauce Fresh Pear Romaine Salad Happy Birthday Cupcake Choice B Shells w/ Marinara Shredded Mozzarella Fresh Pear Romaine Salad Happy Birthday Cupcake	21 *Ham & Cheese Sandwich Zucchini Coins Carrot Coins Chilled Fruit No Vegetarian Menu	<u>Calories</u> 595.34 <u>Saturated Fat</u> 9.00% <u>Sodium</u> 938.34mg
24 Choice A Ravioli Celery Sticks Cherry Tomatoes Diced Pears WG Pretzel Rod Choice B Mini Cheese Pizza Bagels Celery Sticks Cherry Tomatoes Diced Pears	25 Choice A Hamburger on MG Bun Potato Rounds Carrot Coins Apple Slices Choice B Veggie Burger on MG Bun Potato Rounds Carrot Coins Apple Slices	26 Choice A Chicken Nuggets Corn Bean Salad Orange Wedges Choice B Grilled Cheese Potato Rounds Bean Salad Orange Wedges	27 Choice A Chicken Teriyaki over Rice Broccoli & Carrots Grapes Giant Goldfish Cracker Choice B Sunbutter Sandwich Broccoli & Carrots Grapes Giant Goldfish Cracker	28 Turkey & Cheese Sandwich Cherry Tomatoes Zucchini Coins Chilled Fruit No Vegetarian Menu	<u>Calories</u> 583.81 <u>Saturated Fat</u> 8.00% <u>Sodium</u> 1019.59 mg
Skim White, Skim Chocolate, and 1% White Milk avail- able daily.	A variety of low-fat or fat-free condiments (ranch, French, mus- tard, ketchup, BBQ, honey mustard) are available daily.	All breads, tortillas, pancakes, pastas etc. are whole grain rich.	*Contains Pork ++Contains Sesame		