


# September 2021 Flossmoor Dist. 161 Hot Lunch



				<b>Friday</b>
		<p style="text-align: center;"><b>Cheeseburger</b></p> <p style="text-align: center;"><b>1st</b></p> <p>2.5 oz Beef Patty / Cheese Slice 2 oz WG Burger Bun 1/2 c Seasoned Potato Wedges c 1/4 c Baby Carrots 1/2 c Honeydew Cereal Bar Ketchup</p>	<p style="text-align: center;"><b>Chicken Alfredo</b></p> <p style="text-align: center;"><b>2nd</b></p> <p>2 oz Chicken 2 oz Pasta Fresh Broccoli 1/4 c Mixed Vegetables 1/2 c Fresh Strawberries</p>	<p style="text-align: center;"><b>3rd</b></p> <p style="text-align: center;"><b>Taco Bowl</b></p> <p>2 oz Beef &amp; Cheese 1 oz Tortilla Chips 1/2 c Refried Beans 1/4 c Grape Tomatoes 1/2 c Fresh Banana</p>
<p style="text-align: center;"><b>6th No School</b></p> 	<p style="text-align: center;"><b>7th</b></p> <p style="text-align: center;"><b>Beef Hot Dog</b></p> <p>2 oz Beef Frank 2 oz WG Bun 1/2 c BBQ Three Bean Salad 1/4 c Fresh Jicama 1/2 c Fresh Orange</p>	<p style="text-align: center;"><b>8th</b></p> <p style="text-align: center;"><b>Swedish Meatballs</b></p> <p>2 oz Meatballs 1 oz Dinner Roll 1/2 c Mashed Potatoes 1/4 c Baby Carrots 1/2 c Applesauce Cup</p>	<p style="text-align: center;"><b>9th</b></p> <p style="text-align: center;"><b>BBQ Chicken Filet</b></p> <p>1 oz Chicken 2 oz WG Sandwich Bread 1/2 c Corn 1/4 c Fresh Broccoli 1/2 c Fresh Blueberries</p>	<p style="text-align: center;"><b>10th</b></p> <p style="text-align: center;"><b>Chicken Ham &amp; Cheese Croissant *</b></p> <p>1.15 oz Chicken Ham &amp; Mozzarella 2 oz WG Croissant 1 cup Fresh Spinach 1/4 c Tomato Slices 1/2 c Craisins Ranch Dressing Mustard</p>
<p style="text-align: center;"><b>13th</b></p> <p style="text-align: center;"><b>Mac &amp; Cheese W/ Turkey Ham</b></p> <p>1.5 oz Turkey Ham 2 oz WG Sandwich Bread 1/2 c Steamed Broccoli 1/4 c Seasoned Black Beans 1/2 c Fresh Red Apple</p>	<p style="text-align: center;"><b>14th</b></p> <p style="text-align: center;"><b>Bean Burrito Bowl</b></p> <p>2 oz Beans / Cheddar Cheese 2 oz Brown Rice 1/4 c (Corn) 1/2 c Mild Salsa Cup 1/2 c Fresh Plum Apple Smiley Delight</p>	<p style="text-align: center;"><b>15th</b></p> <p style="text-align: center;"><b>Turkey Sloppy Joe</b></p> <p>2 oz Turkey Beef Crumbles 2 oz Burger Bun 1 cup Spinach Salad 1/4 c Grape Tomatoes 1/2 c Mandarin Orange Cup</p>	<p style="text-align: center;"><b>16th</b></p> <p style="text-align: center;"><b>Oven Fried Chicken</b></p> <p>2 oz Chicken 2 oz WG Sandwich Bread 1/2 c Homemade Potato Salad 1/4 c Parsley Carrots 1/2 c Fresh Banana</p>	<p style="text-align: center;"><b>17th</b></p> <p style="text-align: center;"><b>Teriyaki Chicken</b></p> <p>2 oz Chicken 1 oz Brown Rice 1/2 c Fresh Broccoli 1/4 c Sliced Zucchini 1/2 c Mixed Fruit Cup</p>
<p style="text-align: center;"><b>20th</b></p> <p style="text-align: center;"><b>Chicken Fajitas</b></p> <p>2.5 oz Chicken 1 oz Tortilla Chips 1/2 c Sunset Sip Juice 1/4 c Baby Carrots 1/2 c Mandarin Orange Cup</p>	<p style="text-align: center;"><b>21st</b></p> <p style="text-align: center;"><b>Veggie Chilli</b></p> <p>2 oz Beans 2 oz Dinner Roll 1/2 c Cucumber Slices 1/2 c Apple-Cherry Juice</p>	<p style="text-align: center;"><b>22nd</b></p> <p style="text-align: center;"><b>Popcorn Chicken</b></p> <p>2 oz Popcorn Chicken 1 oz Breading 1/2 c French Fries 1/4 c Fresh Cauliflower 1/2 c Fresh Strawberries Animal Crackers</p>	<p style="text-align: center;"><b>23rd</b></p> <p style="text-align: center;"><b>Salisbury Steak W/ Gravy &amp; Egg Noodles</b></p> <p>2 oz Salisbury Steak 2 oz Egg Noodles 1/2 c Green Beans 1/4 c Grape Tomatoes 1/2 c Fresh Nectarine Cereal Bar</p>	<p style="text-align: center;"><b>24th</b></p> <p style="text-align: center;"><b>Chicken Filet Sandwich</b></p> <p>2 oz Chicken Filet 2 oz WG Burger Bun 1/2 c BBQ Three Bean Salad 1/4 c Baby Carrots 1/2 c Grape Juice Ranch Dressing</p>

		First Day of Autumn 		
<p><b>Meatloaf &amp; Gravy</b> <b>27th</b></p> <p>2 oz Meatloaf 1 oz Dinner Roll 1/2 c Mash Potatoes 1/4 c Corn 1/2 c Apricot Halves Cereal Bar</p>	<p><b>Bagel Day</b> <b>28th</b></p> <p>2 oz 2 oz WG Bagel 1/2 c Wango Mango Juice 1/4 c Baby Carrots 1/2 c Raisins Ranch Dressing</p>	<p><b>Cheeseburger</b> <b>29th</b></p> <p>1/2 c Cheddar Cheese 2.5 oz Beef Patty / 1/2 c WG Burger Bun 1/2 c Seasoned Potato Wedges 1/4 c Baby Carrots 1/2 c Honeydew Ketchup</p>	<p><b>Chicken Alfredo</b> <b>30th</b></p> <p>2 oz Chicken 2 oz Pasta Fresh Broccoli 1/4 c Mixed Vegetables 1/2 c Fresh Strawberries</p>	