

# September 2022

## Ashland High school lunch

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

The Romans often associated different months with different gods. September is associated with Vulcan, the Roman god of fire.

HAPPY LABOR DAY



1.Teriyaki Chicken w/  
Chow Mein Noodles  
and Egg Roll  
2.Cheese Stix w/  
Marinara  
3.Choice of  
PB&J  
Asian Style Salad  
Turkey and Cheese  
Wrap

1.Sweet and Sour  
Chicken w/ Fried Rice  
2.Pulled Pork Sandwich  
w/ Coleslaw  
3. PB&J  
Curry Chicken Salad  
Asian Style Wrap

1.Teriyaki Meatballs  
w/Chow Mein  
Noodles  
and Egg Roll  
2.Mac and Cheese  
w/Breadstick  
3. PB&J  
Asian Style Salad  
Turkey and Cheese  
Wrap

1.Pizza  
2.Nachos  
3.Choice of  
Charcuterie Board  
Taco Salad  
Southwest Wrap

1.Pizza  
2.Enchiladas  
3.Choice of  
Charcuterie Board  
Cilantro Pork Salad  
Wrap  
Southwest Salad

1.Pizza  
2.Bean or Beef  
Burrito  
3.Choice of  
Charcuterie Board  
Taco Salad  
Southwest Wrap

1.Pizza  
2.Beef or Chicken  
Taco  
3. Choice of  
Charcuterie Board  
Cilantro Pork Salad  
Wrap

1.Chicken Burger  
2.Sloppy Joe Mac  
3.Choice of  
PB&J  
Buffalo Chicken  
Wrap  
Fajita Chicken Salad

1.Chicken Burger  
2.Corn dog  
3. Choice of  
PB&J  
Crunchy Hawaiian  
Wrap  
Antipasto Salad

1.Chicken Burger  
2.Meatball Subs  
3.Choice of  
PB&J  
Buffalo Chicken Wrap  
Fajita Chicken Salad

1.Chicken Burger  
2.Hot Dogs  
3. Choice of  
PB&J  
Crunchy Hawaiian  
Wrap  
Antipasto Salad

1.Pizza  
2.Baked Potato w/  
Taco Beef  
3.Choice of  
Charcuterie Board  
Chicken Caesar Salad  
Veggie Wrap

1.Pizza  
2.Lasagna  
3.Choice of  
Charcuterie Board  
Walking Gyros  
Chicken Caprese  
Salad

1.Pizza  
2.Chili w/ Cornbread  
3. Choice of  
Charcuterie Board  
Chicken Caesar Salad  
Veggie Wrap

1.Pizza  
2.Sloppy Joes  
3. Choice  
Charcuterie Board  
Walking Gyros  
Chicken Caprese  
Salad

1.Cheeseburger  
2.Chicken Nuggets  
3. Choice of  
PB&J  
Ranch Chicken Wrap  
Mediterranean  
Chickpea Salad

1.Cheeseburger  
2.Taquitoes  
3.Choice of  
PB&J  
Buffalo Chicken  
Salad  
Chicken Caesar  
Wrap

1.Cheeseburger  
2.Chicken Totcho's  
3. Choice of  
PB&J  
Ranch Chicken Wrap  
Mediterranean  
Chickpea Salad

1.Cheeseburger  
2.Chicken Wings w/  
Assorted Sauces  
3.Choice of  
PB&J  
Buffalo Chicken  
Salad

### Notes

August 31<sup>st</sup> is a half  
day and sack Lunch  
will be provided.

All lunch options come with  
a full self-service salad and  
fruit bar and milk

Veggie option every  
day. Grab and go as  
the 3 option each day!

Free and reduced  
meal application  
expire from last  
school year. If you  
have not already  
applied, please do  
so before Oct. 7<sup>th</sup>.

<https://family.titan.k12.com/>

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