

## MONDAY

**2**

No School - Labor Day

## TUESDAY

**3**

- Main Entrees**
- Italian Meat Spaghetti Sauce
  - Rotini Pasta
  - Dinner Roll
- Alternate Entrees**
- Mixed Greens Salad with Cheese
  - Light Ranch Dressing
  - Classic American Cheeseburger
- Extra Extra**
- Fresh Broccoli Florets
  - Bulgur Tabbouleh
  - Chilled Pears
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

## WEDNESDAY

**4**

- Main Entrees**
- Beef Nachos
  - Mexicali Corn
  - Shredded Lettuce
  - Salsa
  - Low Fat Sour Cream
- Alternate Entrees**
- Ham and Cheese Bagel Melt
  - Crispy Chicken Patty Sandwich
- Extra Extra**
- Fresh Celery Sticks
  - Three Bean Salad
  - Fresh Fuji Apple
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

## THURSDAY

**5**

- Main Entrees**
- Cheese Pizza
  - Seasoned Zucchini
- Alternate Entrees**
- Yogurt & Cheese Fun Lunch w/ Muffin
  - Honey Graham Crackers
  - Classic American Cheeseburger
- Extra Extra**
- Fresh Broccoli Florets
  - Bulgur Tabbouleh
  - Chilled Pears
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

## FRIDAY

**6**

- Main Entrees**
- Home-Style Meatloaf
  - Mashed Potatoes
  - Seasoned Peas
  - Dinner Roll
  - Brown Gravy
- Alternate Entrees**
- Ham & Cheese Sandwich
  - Crispy Chicken Patty Sandwich
- Extra Extra**
- Red and Green Bell Pepper Strips
  - Three Bean Salad
  - Fresh Fuji Apple
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

**9**

- Main Entrees**
- Meatballs Marinara with Spaghetti
  - Savory Green Beans
  - Dinner Roll
  - Marinara Sauce
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Crispy Chicken Patty Sandwich
- Extra Extra**
- Fresh Cherry Tomatoes
  - Homestyle Potato Salad
  - Pineapple Tidbits
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

**10**

- Main Entrees**
- Soft Beef Taco
  - Brown Rice
  - Fresh Diced Tomatoes
  - Shredded Cheddar Cheese
  - Low Fat Sour Cream
- Alternate Entrees**
- Mixed Greens Salad with Cheese
  - Dinner Roll
  - Light Ranch Dressing
  - Classic American Cheeseburger
- Extra Extra**
- Corn & Black Bean Salsa Salad
  - Bulgur Tabbouleh
  - Red Delicious Apple Halved
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

**11**

- Main Entrees**
- Whole Grain French Toast Sticks
  - Turkey Sausage Patty
  - Tater Tots
  - Syrup
- Alternate Entrees**
- Ham and Cheese Bagel Melt
  - Crispy Chicken Patty Sandwich
- Extra Extra**
- Fresh Broccoli Florets
  - Fresh Carrots
  - Pineapple Tidbits
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

**12**

- Main Entrees**
- Sweet & Sour Chicken
  - Asian Brown Rice
  - Dinner Roll
- Alternate Entrees**
- Yogurt & Cheese Fun Lunch w/ Muffin
  - Honey Graham Crackers
  - Classic American Cheeseburger
- Extra Extra**
- Corn & Black Bean Salsa Salad
  - Sliced Cucumbers
  - Red Delicious Apple Halved
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

**13**

- Main Entrees**
- Macaroni and Cheese
  - Seasoned Broccoli Florets
  - Dinner Roll
- Alternate Entrees**
- Chicken Ranch Wrap
  - Crispy Chicken Patty Sandwich
- Extra Extra**
- Fresh Carrots
  - Fresh Celery Sticks
  - Pineapple Tidbits
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk
  - Strawberry Skim Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard
  - Mayonnaise Light Packet, 0.437 oz

**16**

No School - Professional Development Day

**17**

- Main Entrees**
- Mashed Potato & Chicken Bowl
  - Dinner Roll
  - Shredded Cheddar Cheese
- Alternate Entrees**
- Mixed Greens Salad with Cheese
  - Dinner Roll
  - Light Ranch Dressing
  - Classic American Cheeseburger
- Extra Extra**
- Hearty Spinach & Vegetable Salad
  - Carrot & Celery Sticks
  - Fresh Whole Fruit
  - Assorted Chilled Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Low Fat Milk
  - Strawberry Low Fat Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard

**18**

- Main Entrees**
- Buffalo Chicken Dip
  - Tortilla Chips
  - Seasoned Corn
- Alternate Entrees**
- Turkey, Cheese & Bacon Panini
  - Crispy Chicken Patty Sandwich
- Extra Extra**
- Fresh Cherry Tomatoes
  - Fresh Broccoli Florets
  - Fresh Whole Fruit
  - Assorted Chilled Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Low Fat Milk
  - Strawberry Low Fat Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard

**19**

- Main Entrees**
- Classic Pepperoni Pizza
  - Seasoned Broccoli Florets
- Alternate Entrees**
- Strawberry Parfait with Granola
  - Classic American Cheeseburger
- Extra Extra**
- Fresh Broccoli Florets
  - Fresh Caesar Salad
  - Fresh Whole Fruit
  - Assorted Chilled Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Low Fat Milk
  - Strawberry Low Fat Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard

**20**

- Main Entrees**
- Roasted BBQ Chicken
  - Macaroni and Cheese
  - Seasoned Peas
  - Dinner Roll
- Alternate Entrees**
- Ham and Cheese Bagel Melt
  - Crispy Chicken Patty Sandwich
- Extra Extra**
- Carrot & Celery Sticks
  - Hearty Spinach & Vegetable Salad
  - Fresh Whole Fruit
  - Orange Pineapple & Cherry Swirl
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Low Fat Milk
  - Strawberry Low Fat Milk
  - Light Ranch Dressing
  - Ketchup
  - Mustard

**23****Main Entrees**

- Chicken Pasta Alfredo
- Seasoned Broccoli Florets
- Breadstick

**Alternate Entrees**

- Sunbutter & Grape Jelly Sandwich
- Crispy Chicken Patty Sandwich

**Extra Extra**

- Sliced Cucumbers
- Broccoli Ranch Salad with Carrots
- Fresh Whole Fruit
- Assorted Chilled Fruit

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk
- Light Ranch Dressing
- Ketchup
- Mustard
- Mayonnaise Light Packet, 0.437 oz

**24****Main Entrees**

- Cheese Quesadilla
- Seasoned Corn
- Salsa

**Alternate Entrees**

- Mixed Greens Salad with Cheese
- Dinner Roll
- Light Ranch Dressing
- Classic American Cheeseburger

**Extra Extra**

- Fresh Cherry Tomatoes
- Corn & Pepper Salad
- Fresh Whole Fruit
- Assorted Chilled Fruit

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk
- Light Ranch Dressing
- Ketchup
- Mustard
- Mayonnaise Light Packet, 0.437 oz

**25****Main Entrees**

- Freshly Baked Potato
- Home-style Beef and Bean Chili
- Dinner Roll

**Alternate Entrees**

- Nachos Fun Lunch
- Crispy Chicken Patty Sandwich

**Extra Extra**

- Carrot & Celery Sticks
- Corn & Pepper Salad
- Fresh Whole Fruit
- Assorted Chilled Fruit

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk
- Light Ranch Dressing
- Ketchup
- Mustard
- Mayonnaise Light Packet, 0.437 oz

**26****Main Entrees**

- BBQ Rib-B-Q Sandwich
- Baked Beans
- Sauce, Barbecue, 1 oz

**Alternate Entrees**

- Yogurt & Cheese Fun Lunch w/ Muffin
- Honey Graham Crackers
- Classic American Cheeseburger

**Extra Extra**

- Carrot & Celery Sticks
- Sliced Cucumbers
- Fresh Whole Fruit
- Assorted Chilled Fruit

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk
- Light Ranch Dressing
- Ketchup
- Mustard
- Mayonnaise Light Packet, 0.437 oz

**27****Main Entrees**

- Mandarin Chicken
- Asian Brown Rice
- Fresh Stir Fried Vegetables
- Dinner Roll

**Alternate Entrees**

- Ham & Cheese Sandwich
- Lettuce & Tomato Side Salad
- Crispy Chicken Patty Sandwich

**Extra Extra**

- Fresh Green Peppers Strips
- Broccoli Ranch Salad with Carrots
- Fresh Whole Fruit
- Assorted Chilled Fruit

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk
- Light Ranch Dressing
- Ketchup
- Mustard
- Mayonnaise Light Packet, 0.437 oz

**30****Main Entrees**

- Cheese Stuffed Breadsticks
- Marinara Sauce
- Baked Crinkle Fries

**Alternate Entrees**

- Sunbutter & Grape Jelly Sandwich
- Low Fat Mozzarella String Cheese
- Crispy Chicken Patty Sandwich

**Extra Extra**

- Fresh Cherry Tomatoes
- Carolina Slaw
- Assorted Chilled Fruit
- Fresh Whole Fruit

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk
- Light Ranch Dressing
- Ketchup
- Mustard

**Menus Subject to Change** We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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More Details: [mvr3.nutrislice.com/menu/truman-elementary/lunch/](http://mvr3.nutrislice.com/menu/truman-elementary/lunch/)

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