

September 2020

LUNCH



School Information: Milk is offered everyday with lunch. 6th-12th may have the option of salad bar. You must sign up by 9:00 a.m. Yogurt/ Cheese Stick is offered in place of the main dish for 6th -12th grade. 9-12 grade is offered extra fruits and vegetables to meet the USDA requirements. PK-12th grade is offered a cheese sandwich, milk, fruit, vegetable



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

LABOR DAY

Corn Dogs
Steamed Broccoli
Augrautin Potatoes
Frozen Fruit Fixings
Graham Cracker Cookie

Meatloaf
Mash Potatoes
LS Gravy
Peas
WG Bread/Butter
Jell-O Jiggler/Fruit Fixings

Hamburger Patty
w/Fixings/WG Bun
Oven Bake Beans
French Fries
Fruit Fixings
Fruit Crisp

WG Cheese Sticks
Caesar Salad
Golden Corn/Carrot Coins
Fresh Fruit Fixings
Teddy Grahams

Pizza
Very Veggie Salad
Veggie Mix
Fresh Fruit Fixings
Cereal Bar

Chicken Tot Pie
WG Biscuit
Tomato Basil Salad
Pizza Green Beans
Fresh Fruit Fixings

Pizza Burger
Very Veggie Salad
Veggie Mix
Fresh Fruit Fixings
Cereal Bar

WG Spaghetti w/ Meat
Sauce
Very Veggie Salad
Mixed Veggies
WG Garlic Bread
Fresh Fruit

Beef and Noodles
Mash Potatoes/Peas
WG Roll
Fruited Jell-O
Fruit Fixings

Loose Meat on a
WG Bun
Potato Smiles
Coleslaw
Fruit Cup

Hot Beef Sundae
w/ LS Potatoes/LS Gravy
WG Dinner Roll
Winter Vegetable Roast
Fruited Jell-O Cup
Mandarin Oranges

Taco Salad w/fixings
Taco Party Mix
Refried Beans
Golden Corn
Fresh Fruit

Hamburger Tator Tot
Casserole
Green Beans
WG Biscuit
Fruit Cup

Cheese Omelet
Fresh Veggie Sticks
Tri Tator
WG Biscuit
Fresh Fruit
9-12 Sausage Patty

Chicken Enchilada
Spinach Salad
Spanish Rice
Refried Beans
Fresh Fruit

Chicken Sandwich
Tator Gems
Oven Bake Beans
Apple Slices w/Dip

Whatever's in the
kitchen that
the cooks
feel like fixing

Beef and Cheddar
Sandwich w/
Pickle Spear
Carrots/Celery Sticks
Baked Chips
Fresh Fruit Fixings

Mac and Cheese
w/Ham Dices/Peas
Fresh Veggie Sticks/Dip
WG Bread and Butter
Fruit Fixings

Nacho's w/ Fixings
Chili Cup
California Style Vegetables
Banana Bread Square
Fresh Fruit Fixings

Meatball Sub
Pasta w/Sauce
Simply Salad
Fresh Fruit Cup
Snack Crackers

