


## Hawkswood

### Lunch

September 1 - September 30

PLEASE CIRCLE THE DAYS IN SEPTEMBER YOUR CHILD WILL BE ORDERING LUNCH AND RETURN.

# *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>STAFF PROFESSIONAL DAY</b> 1	<b>STAFF PROFESSIONAL DAY</b> 2	Turkey Ham and Swiss Cheese on a W/G Kaiser Roll-1 Soft Carrots -3/4 c. Fresh Orange-1 Milk-8 oz. 3	Medium Square Cheese Ravioli w/ Meat Sauce-5 oz. Spinach-3/4 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz. 4
<b>LABOR DAY</b> 7	All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c.. Applesauce Cup-1/2 c. Milk-8 oz. 8	Turkey Meatballs w Sauce on a W/G Hot Dog Bun-1 Cauliflower-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz. 9	Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz. 10	Cheese Lasagna with Meat Sauce-3.5 oz. Broccoli Florets-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz. 11
W/G Chicken Fingers-3 Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz. 14	Beef Tacos with Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz. 15	All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz. 16	Grilled BBQ Chicken Bites-4 Soft Sliced Carrots-3/4 c. Whole Wheat Dinner Roll Cherry Craisins-3/4 c. Milk-8 oz. 17	Tony's Pizza-5 oz. French Fries-1 Mandarin Orange Cup-1/2 c. Milk-8 oz. 18
Grilled Chicken Parmigiana-3 oz. Soft Diced Carrots-3/4 c. Whole Wheat Dinner Roll Strawberry Applesauce Cup-1/2 c. Milk-8 oz. 21	Turkey Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Broccoli Florets-3/4 c. Fresh Apple-1 Milk-8 oz. 22	Beef Meatloaf w/ Ketchup-3 oz. Seasoned Diced Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz. 23	W/G Chicken Fryz-4 Cauliflower-3/4 c. Rasp. Lemonade Craisins-3/4 c. Whole Wheat Dinner Roll Milk-8 oz. 24	Baked Ziti-5 oz. Broccoli Florets-3/4 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz. 25
Flame Broiled Chicken Burger on a Whole Wheat Bun-1 Spinach-3/4 c. Fresh Apple-1 Milk-8 oz. 28	Spaghetti and Beef Meatballs-6 oz. Soft Carrots-3/4 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-8 oz. 29	Grilled Chicken Tacos with Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G 6" Flour Tortilla-2 Strawberry Craisins-1/2 c. Milk-8 oz. 30		

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**FIRST DAY OF THE FALL SEMESTER IS THURSDAY, SEPTEMBER 3RD, 2020.**