

September Cold Lunch

Richmond Burton H.S. #157 Nippersink S.D. #2



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Sun Butter & Jelly Wrap -V Black Beans Chilled Cupped Fruit	Turkey Sandwich Crunchy Celery Sticks with Ranch Raisins/Cranberries	Chicken Salad Pita Green Side Salad/Ranch Chilled Cupped Fruit	Pizza Munchable with Cheese & Marinara -V Corn Fresh Fruit
7	8	9	10	11
No Service Labor Day	Turkey & Cheese Sub Baked Beans Chilled Cupped Fruit	Crispy Chicken Salad with Croutons Green Pepper Strips Raisins/Cranberries	Turkey Ranch Roll -Up Fresh Broccoli/Ranch Chilled Cupped Fruit	Bean & Cheese Dip with Nacho Chips—V Fiesta Corn Fresh Fruit
14	15	16	17	18
Crispy Chicken Caesar Pita Garbanzo Bean Salad Diced Peaches	Cheese Sticks - V Tortilla Chips Salsa Chilled Cupped Fruit	Sun Butter & Jelly Wrap -V Cucumbers/Ranch Raisins/Cranberries	Turkey Sandwich Fresh Broccoli Chilled Cupped Fruit	Pizza Munchable with Cheese & Marinara —V Corn Fresh Fruit
21	22	23	24	25
Cheddar Cheese Stick -V Goldfish Pretzels Hard Boiled Egg Carrot Sticks Applesauce Cup	Crispy Chicken Roll-Up Garbanzo Bean Salad Chilled Cupped Fruit	"Say" Cheese Sandwich -V Side Salad/Ranch Raisins/Cranberries	Chef Salad w/ Whole Grain Tortilla Broccoli Chilled Cupped Fruit	Turkey & Cheese Sub Spring Pea Salad Fresh Fruit
28	29	30		
Yogurt Pack -V Strawberry Yogurt Cheese Stick Cinnamon Roll Carrots Fresh Fruit	Sun Butter & Jelly Wrap -V Black Beans Chilled Cupped Fruit	Turkey Sandwich Crunchy Celery Sticks with Ranch Raisins/Cranberries		

Lunch \$ 3.00
Free/Reduced \$0.00

Included with Every Meal
Fruit and Vegetable
1% or Fat-Free Milk

V= Vegetarian

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

Arbor A+ Nutrition Mission To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

-Arbor Management-

Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!