

# SEPTEMBER 2022

Type Your School Name Here

## LUNCH



Lunch \$3.60 includes milk  
 Seconds (7&8) \$1.65-\$2.00  
 Milk, Juices, & H2O \$.50  
 Cinnamon roll \$.65 Cookie \$.50  
 Fruit slushie \$.65



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**\*\* Cheese filled sticks** 1  
 Marinara cup  
 Romaine Salad  
 Cucumber  
 Peaches

**\*\*Hotdog/Chili Bun** 2  
 French Fries  
 Fresh Carrots  
 Pears  
 Slushie Cup

**Labor Day** 5

**\*\*Hamburger** 6  
 French Fries  
 Corn  
 Oranges

**\*Chicken Noodle Soup** 7  
**\*\*Crackers**  
 Fresh Carrots  
 Apple Slices  
 Cinnamon roll

**\*\*Ham & Turkey Sub** 8  
 Tator Tots  
 Baked Beans  
 Grapes

**\*Cheese Pizza** 9  
 Romaine Salad  
 Cucumbers  
 Peaches  
 Slushie Cup

**\*\*Baked Chicken/Bun** 12  
 Sweet Potato Fries  
 Cucumber Tomato Salad  
 Pears

**Turkey Sausage** 13  
**\*\*Pancakes**  
 Tator Tots  
 Oranges

**\*\*Meatball Sub** 14  
**\*Pasta Salad**  
 Celery  
 Peaches  
 Cookie

**\*Mini Corndogs** 15  
 French Fries  
 Green Beans  
 Grapes

**Chicken Taco Soup** 16  
**\*Tortilla Chips**  
 Fresh Carrots  
 Apple Slices  
 Slushie Cup

**\*Chicken Nuggets** 19  
 Mash Potatoes/Gravy  
 Steamed Carrots  
 Mixed Fruit

**\*Nacho/Meat Cup** 20  
 Cowboy Caviar  
 Fresh Carrots  
 Apple Slices

**\*\*Hotdog/Chili Bun** 21  
 French Fries  
 Celery  
 Oranges  
 Cookie

**\*Pasta/Meat Sauce** 22  
**\*\*Breadstick**  
 Romaine Salad  
 Zucchini  
 Pears

**\*\*Hamburger** 23  
 Tator Tots  
 Corn  
 Grapes  
 Slushie Cup

**\*Breaded Chicken** 26  
**\*\*Bun**  
 Sweet Potato Fries  
 Baked Beans  
 Pears

**Turkey Sausage** 27  
**\*French Toast Sticks**  
 Tator Tots  
 Banana

**\*Hard Tacos** 28  
 Lettuce/Cheese  
 Corn Grapes  
 Cookie

**Chicken and Gravy** 29  
 Over Mashed Potatoes  
**\*\*Roll**  
 Green Beans  
 Apple Slices

**\*\*Cheese Pizza** 30  
 Romaine Salad  
 Cucumbers  
 Peaches  
 Slushie Cup