

# SEPTEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>NO SCHOOL Labor Day</p>	<p>4</p> <ul style="list-style-type: none"> <li>pancakes w/ omelet (vg)</li> <li>ham and cheese sandwich</li> <li>chicken caesar wrap</li> <li>o baby carrots w/ ranch</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>hot dog (df)</li> <li>sesame chicken salad</li> <li>o seasoned green beans</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>scoops w/ black beans and green chile cheese dip (vg)</li> <li>mighty meaty deli combo sandwich</li> <li>o chili citrus corn</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>chicken bites</li> <li>chicken ceasar salad</li> <li>o broccoli &amp; carrot salad</li> </ul>
<p>10</p> <ul style="list-style-type: none"> <li>italian calzoni (vg)</li> <li>turkey and cheddar sandwich</li> <li>o seasoned garbanzo beans &amp; grape tomatoes</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>baked mac &amp; cheese and bbq baked beans (vg)</li> <li>mighty meaty deli combo</li> <li>o coleslaw</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>flame broiled beef cheeseburger</li> <li>honey mustard chicken wrap</li> <li>o broccoli florets w/ ranch</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>chicken enchiladas</li> <li>garden ranch salad w/ chicken</li> <li>o orangy carrots</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>spaghetti &amp; meatballs (df)</li> <li>sunny sandwich kit: sunbutter &amp; jelly (vg)</li> <li>o steamed corn</li> </ul>
<p>17</p> <ul style="list-style-type: none"> <li>chicken taco trio</li> <li>southwest veggie wrap (vg)</li> <li>o glazed carrots</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>chili citrus drumstick w/ rice</li> <li>ham and cheese sandwich</li> <li>o chili citrus corn</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>hot dog (df)</li> <li>turkey and cheddar sandwich</li> <li>o sliced cucumber</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>bbq beef flatbread melt</li> <li>sesame chicken wrap (df)</li> <li>o broccoli &amp; carrot salad</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>classic chicken parm pasta</li> <li>bbq chicken wrap</li> <li>o seasoned black beans &amp; grape tomatoes</li> </ul>
<p>24</p> <ul style="list-style-type: none"> <li>italian calzoni (vg)</li> <li>ham and cheese sandwich</li> <li>edamame &amp; broccoli florets</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>crispy chicken sandwich</li> <li>chicken caesar wrap</li> <li>o glazed carrots</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>cheesy pizza bites</li> <li>sesame chicken salad</li> <li>o seasoned green beans</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>flame broiled beef burger (df)</li> <li>veggie chef's salad (vg)</li> <li>o chopped lettuce &amp; sliced tomatoes w/ ranch</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>chicken sausage and cheddar eggel sandwich</li> <li>turkey and cheddar sandwich</li> <li>o steamed corn</li> </ul>

## BACK TO SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about.

**What's your new goal?**



**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

- o **Vegetable** of the day

- o Menu subject to change