

September

Lunch Menu

Grades 4-8

2023

All meals are served with fruit and milk.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day No School	5 Chicken Tenders Roasted Potatoes or Pasta Alfredo with Peas	6 Turkey Hot Dog Baked Beans or Spanish Rice and Beans	7 Lasagna Roll Up Green Beans or Chicken Caesar Salad	8 French Bread Pizza or Chicken Sandwich Baby Carrots	9
10	11 Cheeseburger or Egg and Cheese Sandwich Roasted Potatoes	12 Chicken Fajita Bowls Tomato Salad or Spanish Rice with Beans and Cheese	13 Spaghetti and Meatballs Broccoli or Veggie Patty Sandwich Side Salad	14 Cheese Ravioli Green Beans or Cobb Salad	15 Pizza or Turkey and Cheese Sandwich Baby Carrots	16
17	18 Chicken Nuggets Baked Beans or Falafel Bowl with Tomatoes	19 Mac and Cheese or Meatball Sub Broccoli	20 Adobo Chicken Bowl Corn or Veggie Patty Sandwich Roasted Potatoes	21 French Toast with Eggs Sweet Potatoes or Chicken Tamale Refried Beans	22 French Bread Pizza or Egg Salad on Flatbread Baby Carrots	23
24	25 No School	26 Chicken and Vegetable Dumplings Mixed Vegetables or Lasagna Roll Up	27 BBQ Chicken Baked Beans or Pasta and Marinara	28 Stuffed Bread Sticks Sun Splash Juice or Turkey Fajitas Carrots	29 Pizza or Chicken Salad on Flat Bread Side Salad	30