



Lunch Menu

9-12th Grade

September 2022

This institution is an equal opportunity provider.

Serving Sizes are as follows:

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1%

unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p>August 29 Turkey Ham & Cheddar Cheese on WG Bun Baby Carrots & Fresh Broccoli Fruit Mayo Lite Ranch Dressing Milk Cheese sandwich on WG Bun</p>	<p>August 30 WG Chicken Tenders Mashed Potatoes Fruit Goldfish Crackers Honey Mustard Milk Veggie Nuggets</p>	<p>August 31 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Baby Carrots & Garbanzo Beans Fruit Milk Veggie Meatballs</p>	<p>September 1 Roast Turkey w/ Gravy Hoagie Roll Whole Wheat Bread Cooked Peas Fruit Butter Milk Lentil BBQ</p>	<p>September 2 Cheese Sandwich on WW Bread Cucumber Salad Fruit Cheez-its String Cheese Mayonnaise Milk</p>
<p>September 5 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Tots Baby Carrots Fruit Milk Veggie Patty on Wheat Bread</p>	<p>September 6 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Celery & Carrot Sticks Fruit Lite Ranch Dressing Milk Egg Salad Sandwich on WG Roll</p>	<p>September 7 SunButter & Grape Fruit Spread Sandwich on WW Bread Side Garden Salad w/ tomato & cucumber w/ Italian Dressing Fruit Mozzarella String Cheese Milk</p>	<p>September 8 Turkey BBQ WG Sandwich Roll Cooked Peas Fruit Milk Lentil BBQ</p>	<p>September 9 Chicken Taco w/ Shredded Cheddar Cheese Lettuce & Tomatoes WG Flour Tortilla Fruit Milk Bean Taco</p>
<p>September 12 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>September 13 Mac & Cheese w/ WG Pasta Whole Wheat Bread Peas & Carrots Fruit Milk</p>	<p>September 14 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese and Garbanzo Beans WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk Edamame</p>	<p>September 15 Baked Ziti w/ Grilled Chicken (WG Pasta w/ tomato sauce and mozz cheese) Whole Wheat Bread Cooked Carrots Fruit Milk Veggie Patty on Wheat Bread</p>	<p>September 16 Turkey & Cheese on WW Bread Mayonnaise Baby Carrots Ranch Dressing Fruit Goldfish Pretzels Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</p>
<p>September 19 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Fries Fruit Milk Veggie Burger</p>	<p>September 20 Beef & Cheese Burrito on WG Flour Tortilla Corn Black Bean Salad Fruit Milk Bean Burrito</p>	<p>September 21 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce Ranch Dressing WG Dinner Roll Fruit Milk Edamame</p>	<p>September 22 Swedish Meatballs WG Pasta w/ Butter Green Beans Fruit Milk Veggie Meatballs</p>	<p>September 23 Chicken Salad on WG Bun Baby Carrots Three Bean Salad Fruit Milk Cheese Sandwich on WW Bread</p>
<p>September 26 Turkey Ham Steak Whole Wheat Bread Green Beans Fruit Milk Veggie Burger</p>	<p>September 27 Beef BBQ on WG Bun Potato Wedges Fruit Milk Veggie Bean BBQ</p>	<p>September 28 Grilled Chicken Garden Salad w/ Cucumbers & Tomatoes Ranch Dressing WG Dinner Roll Fruit Milk Goldfish Crackers Edamame</p>	<p>September 29 Hamburger Macaroni & Cheese w/ WG Pasta Dinner Roll Green Beans Fruit Milk Mac & Cheese</p>	<p>September 30 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Celery & Carrots Garbanzo Beans Ranch Fruit Milk Cheese Sandwich</p>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos