

September Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| | | | 1 | 2 |
| 5 | 6 WALKING BEEF TACO WG COOKIE FRUIT AND SALAD BAR MILK | 7 BEEF HOT DOG ON BUN TATER TOTS BAKED BEANS FRUIT AND SALAD BAR MILK | 8 SHRIMP POPPERS MACARONI AND CHEESE SEASONED MIXED VEGETABLES FRUIT AND SALAD BAR MILK | 9 PEPPERONI OR CHEESE PIZZA SUPER SLAW FRUIT AND SALAD BAR MILK |
| 12 CHICKEN PARMESAN SANDWICH RANCH WEDGE POTATOES SEASONED PEAS FRUIT AND SALAD BAR MILK | 13 SOFT BEEF TACOS TORTILLA CHIPS AND SALSA FRUIT AND SALAD BAR MILK | 14 BREADED CHICKEN DRUMSTICK MASHED POTATOES AND GRAVY DINNER ROLL ROASTED CARROT FRIES FRUIT AND SALAD BAR MILK | 15 MANDARIN ORANGE CHICKEN ASIAN RICE VEGETABLE EGG ROLL SWEET N SOUR SAUCE SEASONED BROCCOLI FRUIT AND SALAD BAR MILK | 16 PEPPERONI OR CHEESE PIZZA CORN FRUIT AND SALAD BAR MILK |
| 19 CHEESEBURGER ON A BUN FRENCH FRIES SEASONED MIXED VEGETABLES DILL PICKLE SPEAR FRUIT AND SALAD BAR MILK | 20 CHICKEN OR CHEESE QUESADILLA BROWN RICE FIESTA SALAD FRUIT AND SALAD BAR MILK | 21 GRILLED HAM AND CHEESE SANDWICH SPIRAL POTATOES SEASONED PEAS JONNY POP FRUIT AND SALAD BAR MILK | 22 ITALIAN BEEF PASTA BAKE GARLIC BREADSTICK SEASONED GREEN BEANS FRUIT AND SALAD BAR MILK | 23 PEPPERONI OR CHEESE PIZZA CUCUMBER SALAD FRUIT AND SALAD BAR MILK |
| 26 CHICKEN TENDERS BBQ SAUCE ROSEMARY ROASTED POTATOES SEASONED CARROTS DINNER ROLL APPLE CRISP FRUIT AND SALAD BAR MILK | 27 BEEF SUPER NACHOS SALSA AND SOUR CREAM FRUIT AND SALAD BAR MILK | 28 ITALIAN DUNKER MARINARA SAUCE SEASONED GREEN BEANS FRUIT AND SALAD BAR MILK | 29 NO STUDENTS | 30 PEPPERONI OR CHEESE PIZZA SEASONED MIXED VEGETABLES FRUIT AND SALAD BAR MILK |

Lunch Alternate includes **Turkey** or **Ham Sandwich** and bag of chips.

Student "Paid"..... \$ 3.00
 Student "Reduced"..... FREE
 Student "Free"..... FREE
 Milk..... \$ 0.50
 Adult or Staff Meal..... \$3.75

Menu items subject to change without notice.

Vegetable of the Month:



Carrots are low in calories, high in fiber, and packed with vitamins A and C. Roasted Carrot Fries are featured on this months menu.

Allergy Notice: Products have been made in the school kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

Free and Reduced Meal Applications are available online at www.district287.org or may be picked up at any school within Intermediate District 287.