

# September 2017

## See You at Lunch!

### LUNCH



Facts- Both Flavored Milk and Plain Milk provide the same amount of Calcium and Eight Essential Vitamins in each 8-ounce serving.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



## Go Cardinals!

Chicken Chili **1**  
Cornbread & Honey  
Cherry Tomatoes  
Cucumber Slices  
Apple Sauce, Milk Choice

Labor Day **4**  
No School Today

Bean & Beef Burrito **5**  
Tortilla Chips, Salsa  
Romaine Lettuce  
Seasoned Corn  
Banana, Milk Choice

Turkey & Cheese Sub **6**  
Leaf lettuce & Tomato  
Sweet Potato Tots  
Fresh Grapes, Milk Choice

Stromboli Squares **7**  
Garden Salad  
Fresh Baby Carrots  
Diced Peaches, Milk Choice

Country Beef Patty **8**  
Potatoes & Brown Gravy  
Steamed Broccoli  
Pineapple Tidbits,  
Roll & Jelly, Milk

Pig in a Blanket **11**  
Tri Tater  
Broccoli and Cheese  
Apple Halves, Milk

Taco Salad & Chips **12**  
Red Pepper Strips  
Refried Beans, Watermelon  
Cinnamon Puff, Milk

Chicken Wrap **13**  
Seasoned Rice  
Garden Salad  
Tropical Fruit  
Oatmeal Cookie, Milk

Hamburger On a Bun **14**  
Leaf Lettuce & Tomato  
Green Beans  
Orange Halves, Milk

Chicken And Noodles **15**  
Mashed Potatoes  
Fresh Baby Carrots  
Fresh Grapes, Roll & Honey  
Milk

Cheese Breadsticks **18**  
Marinara Sauce  
Seasoned Corn  
Tossed Salad, Apple  
Milk Choice

Pulled Pork Sandwich **19**  
Coleslaw  
Baked Beans  
Fresh Banana  
Milk Choice

Cheese Pizza **20**  
Steamed Carrots  
Broccoli Florets  
Pineapple Tidbits  
Milk Choice

Chicken Nuggets **21**  
Seasoned Rice  
Cherry Tomatoes  
Celery Sticks  
Tropical Fruit, Milk Choice

Chicken Chili Crispito **22**  
Refried Beans  
Tomato Salsa  
Warm Apple Crisp  
Milk Choice

No School Today **25**  
Teacher In Service

Biscuits and Gravy **26**  
Sausage Patty  
Baby Carrots  
Hash Brown Patty  
Fresh Orange, Milk Choice

Chili & Tortilla Chips **27**  
Red Pepper Strips  
Apple Sauce  
Cinnamon Roll, Milk Choice

Macaroni and Cheese **28**  
Mini Meat Balls  
Seasoned Peas  
Baby Carrots,  
Treasure Salad, Milk

Breaded Chicken Patt, **29**  
Potatoes & Chicken Gravy  
Garden Salad  
Diced Pears  
WG Roll & Jelly, Milk