

Shepaug Valley School Lunch Menu September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily Price of Lunch: Full Price: 3.00 Reduced : .40 Adult Lunch Price: 3.75	Milk Served Daily: Fat Free Chocolate Skim 1% Ala cart Milk Price: .35					1
2 Daily Alternate: Large Salad Hummus & Vegetable Assorted Sandwiches Assorted Wraps	3 <div style="text-align: center; font-size: 2em; font-weight: bold; transform: rotate(-5deg);"> Labor Day </div>	4 Hamburger on WG Hamburg Roll Tostitos Chips & Salsa Coleslaw Pineapple Chunks Milk Choice	5 Teriyaki Dippers Seasoned Brown Rice Steamed Broccoli Whole Wheat Roll Fruit cocktail 100% Fruit Juice Milk Choice	6 WG Popcorn Chicken Seasoned WG Noodle Steamed Carrots Chilled Applesauce Milk Choice	7 WG Personal Pizza Garden Salad Lite Ranch Dressing Chickpea Salad Steamed Carrots Fresh Orange 100% Fruit Juice Milk Choice	8
9	10 BBQ Chicken Bites Baked Beans Warm Corn Bread Three Bean Salad Chilled Applesauce 100% Fruit Juice Milk Choice	11 WG Totally Tacos w/ Salsa/ Sour Cream Seasoned Brown Rice Steamed Corn Fruit Cocktail Milk Choice	12 WG Penne Pasta With Meat sauce WGR Garlic Stick Garden Salad Lite Italian Dressing Pineapple Chunks Milk Choice	13 Pork Rib A Que on WGR Roll Sweet Potatoes Fries Cole Slaw Chilled Pears Milk Choice	14 WG French Bread Pizza Raw Vegetable Cup Raw Baby Carrots Fresh Banana 100% Fruit Juice Milk Choice	15
16	17 WG Toasted Cheese & Tomato Cheddar Sunchips Three Bean Salad Chilled Applesauce Milk Choice	18 Sweet Chili Beef Meatball Rice Bowl Steamed Broccoli W/Wheat Dinner Roll Pineapple Chunks Milk Choice	19 WG Fish Fillet On WG Roll Sweet Potatoes Fries Cole slaw Chilled Pears 100% Fruit Juice Milk Choice	20 WGR Breaded Mozzarella Stick W/ Sauce Steamed Corn W Wheat Dinner Roll Chilled Fruit Cocktail Milk Choice	21 WGR Stuffed Crust Pizza Chickpea Salad Raw Baby Carrots Fresh Apple 100% Fruit Juice Milk Choice	22
23	24 Chicken Nuggets Seasoned Potatoes Steamed Corn W/Wheat Dinner Roll Chilled Pears 100% Fruit Juice Milk Choice	25 WGR Spicy Chicken Patty On Whole Grain Roll Baked Beans Cole Slaw Pineapple Chunks Milk Choice	26 Hot Meatballs WGR Grinder Roll Broccoli Salad Raw Cucumber Slices Chilled Applesauce Milk Choice	27 Taco Salad in Tostado Bowls Cheese Salsa Sour Cream Seasoned Brown Rice Chilled Fruit Cocktail Milk Choice	28 WG French Bread Pizza Raw Baby Carrots Raw Vegetable cups Fresh Banana 100% Fruit Juice Milk Choice	30