

September 2018 COULTER GROVE INTERMEDIATE SCHOOL

LUNCH



SALAD BAR SERVED DAILY. CHOICE OF MILK: SKIM 1%, NF CHOCOLATE, STRAWBERRY



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.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



Monday

CHICKEN NUGGETS, MAC & CHEESE, BROCCOLI, ROLL
OR
TURKEY/CHEESE WRAP, LETTUCE, TOMATO, CARROTS **3**

BBQ PORK, BUN, BAKED BEANS, FRENCH FRIES
OR
TURKEY/CHEESE, BUN, LETTUCE, TOMATO, CARROTS, TEDDY GRAHAMS **10**

CHICKEN TENDERS, TATER TOTS, ISLAND BLEND VEG ROLL
OR
HAM/CHEESE, WRAP, LETTUCE, TOMATO, SALAD **17**

HAMBURGER, BUN, CURLY FRIES, PEAS, LETTUCE, TOMATO PICKLES
OR
MEATBALL SUBS, POTATO SALAD, VEGGIE **24**

Tuesday

CHILI, TATER TOTS, CORN CHIPS
OR
BAKED POTATO BAR/FIXINGS **4**

TANGERINE CHICKEN, RICE, EGG ROLL
OR
BAKED POTATO BAR/FIXINGS **11**

STEAK & GRAVY, MASHED POTATOES, PEAS, ROLL
OR
PBJ UNCRUSTABLE, STRING CHEESE, RAISELS, CARROTS **18**

CHICKEN NUGGETS, AU GRATIN POTATOES, CARROTS, ROLL
OR
FISH, BUN, SCALLOPED POTATOES, PINTO BEANS, LETTUCE, TOMATO **25**

Wednesday

CHICKEN TENDERS, RICE, CARROTS, ROLL
OR
BEANIE WEENIES, ROLL, TOSSED SALAD **5**

SEASONED TACO BEEF, TORTILLA SHELL, MEXICAN RICE, BLACK BEANS & CORN, SALSA, LETTUCE, TOMATO, SOUR CREAM, OR
PBJ UNCRUSTABLE **12**

CHICKEN PATTY REG & SPICY, BUN, SWEET POTATO WEDGE, GREEN BEANS, LETTUCE, TOMATO
OR
TURKEY/CHEESE, BUN, LETTUCE, TOMATO, POTATO CHIPS **19**

SEASONED TACO BEEF, TORTILLA SHELL, MEXICAN RICE, BLACK BEANS, & CORN, SALSA, LETTUCE, TOMATO, CHEESE, SOUR CREAM OR
BAKED POTATO BAR/FIXINGS **26**

Thursday

STEAK & GRAVY, MASHED POTATOES, PEAS, ROLL
OR
HAM/CHEESE, BUN, LETTUCE, TOMATO, CARROTS, STRAWBERRIES **6**

MINI CORN DOGS, BROCCOLI, SCALLOPED POTATOES
OR
PHILLY STEAK & CHEESE PINWHEEL, BROCCOLI, GARLIC & HERB PASTA **13**

CORN DOG, BROCCOLI, BAKED BEANS
OR
BAKED POTATO BAR/FIXINGS **20**

BREAKFAST FOR LUNCH SAUSAGE PATTY, BISCUIT, GRAVY, EGGS, TRI TATERS
OR
GRILLED CHICKEN, BUN, GARLIC & HERB PASTA, LETTUCE, TOMATO **27**

Friday

PEPPERONI OR CHEESE PIZZA, CORN, TOSSED SALAD
OR
FISH, CORN MUFFIN, PINTO BEANS, TARTAR SAUCE **7**

CHEESY BITES, GREEN BEANS, MARINARA SAUCE, TOSSED SALAD
OR
GRILLED CHICKEN, BUN, GREEN BEANS, FRENCH FRIES **14**

PEPPERONI OR CHEESE PIZZA, CORN, TOSSED SALAD
OR
CHEESE QUESADILLA, REFRIED BEANS, LETTUCE, SOUR CREAM, SALSA **21**

CHEESY BITES, GREEN BEANS, MARINARA SAUCE, TOSSED SALAD
OR
RAVIOLI, GREEN BEANS, GARLIC TOAST **28**

