

FREE MEALS

SEPTEMBER | 2019



Southgate Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY	3 Hamburger or Cheeseburger On WG Bun Broccoli & Ranch Mixed Fruit Choice of Milk	4 Cottage Inn Pizza Romaine Salad Flavored Applesauce Choice of Milk	5 Chicken Nuggets Dinner Roll Potato Wedges Sidekick 100% Juice Choice of Milk	6 Turkey & Swiss Sub Sandwich Baked Chips Celery & Ranch Jumbo Pickle Choice of Milk
9 Cheese Omelet Turkey Sausage Bagel Tomato Salsa 100% Orange Juice Choice of Milk	10 Boneless Chicken Wings Dinner Roll Baked Beans Apple Slices Choice of Milk	11 Cottage Inn Pizza Romaine Salad Pineapple Tidbits Choice of Milk	12 Sloppy Joe On WG Bun Potato Wedges Fresh Orange Choice of Milk	13 Calzone w/Turkey Pepp. & Cheese Garden Salad Diced Peaches Choice of Milk
16 Beef & Bean Burrito Tomato Salsa Carrots & Ranch Choice of Milk	17 Chicken Patty On WG Bun Potato Wedges Apple Slices Choice of Milk	18 Cottage Inn Pizza Romaine Salad Flavored Applesauce Choice of Milk	19 Rotini Pasta w/Meat Sauce & Roll Garden Salad Fresh Pear Choice of Milk	20 Chicken Tenders Dinner Roll Three Bean Salad Mandarin Oranges Choice of Milk
23 Hamburger or Cheeseburger On WG Bun Celery & Ranch Mixed Fruit Choice of Milk	24 Meatball Sub W/Marinara Sauce & Mozzarella Cheese Garden Salad Flavored Applesauce Choice of Milk	25 Cottage Inn Pizza Romaine Salad Diced Pears Choice of Milk	26 Mac & Cheese Dinner Roll Green Beans Sidekick 100% Juice Choice of Milk	27 Turkey & Gravy w/ Mashed Potatoes Dinner Roll Fresh Apple Choice of Milk
30 One large Soft Taco w/Lettuce & Cheese Tomato Salsa Fresh Pear Choice of Milk	1 Chicken Nuggets Dinner Roll Potato Wedges Mixed Fruit Choice of Milk	2 Cottage Inn Pizza Romaine Salad Flavored Applesauce Choice of Milk	3 Ravioli Dinner Roll Garden Salad Mandarin Oranges Choice of Milk	4 Ham & Cheese Bagel Sandwich Baked Chips Jumbo Pickle Sidekick 100% Juice Choice of Milk

**STUDENTS
EAT FREE
DAILY!!**

**Daily Meatless
 Alternate Meals:
 PBJ
 &
 Yogurt, String
 Cheese & Muffin**

Breakfast

**An assortment of
 breakfast items will
 be available daily.**

**Assorted Cereals
 Graham Crackers
 Yogurt
 Bagels
 Muffins
 WG Pop-Tarts
 Fresh Fruit
 100% Fruit Juice
 Milk**

**A Breakfast consists of:
 Two Grains
 Fruit and/or 100% Juice
 Choice of Milk**