

# The Blake School

## Middle School Lunch Menu

September  
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>First Day Grades 2-12</b> Grilled Cheese Sandwich Marinara Dipping Sauce  Turkey & Cheese Sandwich  Roasted Broccoli Garden Salad Chocolate Chip Cookie	<b>2</b> Pasta With Meat Sauce  Ham Sandwich  Fresh Green Beans Garlic Breadstick Garden Salad Orange Dreamsicle	<b>3</b> <b>First Day Grade PK-1</b> Herb Roasted Chicken Drumstick  Turkey & Cheese Sandwich  Oven Roasted Potatoes Steamed Corn Lemon Garbanzo Bean Salad Rice Krispie Treat	<b>4</b> Cheese or Pepperoni Pizza  Ham Sandwich  Roasted Vegetables Tomato Cucumber Salad Sugar Cookie
<b>7</b> <b>No School Labor Day</b>	<b>8</b> Macaroni & Cheese  Turkey Sandwich  Steamed Peas & Carrots Fruited Spinach Salad Ice Cream Sandwich	<b>9</b> Sante Fe Rice Bowl Tortilla Cheese Sauce  Tuna Salad Sandwich  Black Beans & Corn Cravin' Craisin Salad Cinnamon Churro	<b>10</b> Italian Turkey Sandwich  Sunbutter & Jelly Sandwich  Chips Baby Carrots Apple Wild Rice Salad Iced Brownie	<b>11</b> Cheese or Sausage Pizza  Roast Beef & Cheddar Sandwich  Roasted Cauliflower Italian Tomato Salad Almost Candy Bar
<b>14</b> Bean & Cheese Quesadillas Salsa & Sour Cream Spanish Rice Corn  Turkey Sandwich  Cucumber Salad  Ice Cream Treat	<b>15</b> Chicken Tenders Mashed Potatoes Peas  Ham Sandwich  Broccoli Blueberry Salad  Apple Dessert	<b>16</b> Indian Butter Chicken Steamed Rice Roasted Root Vegetables  Turkey & Cheese Sandwich  Greek Salad  Oreo Blondie	<b>17</b> French Toast Scrambled Eggs & Sausage  Ham Sandwich  Caesar Salad  Snickerdoodle Cookie	<b>18</b> Cheese or Hawaiian Pizza Baked Potato Cheese Sauce & Bacon Broccoli  Roast Beef & Cheddar Sandwich  Strawberry Spinach Salad  Ice Cream Treat
<b>21</b> Cheesy Italian Flatbread Marinara Dipping Sauce Cauliflower  Turkey Sandwich  Spinach & Orange Salad  Sugar Cookie	<b>22</b> Pagoda Beef & Broccoli Steamed Rice  Ham Sandwich  Snappy Pea & Pineapple Salad  Raspberry Oatmeal Cookie	<b>23</b> Chicken Ranch Melt Kale Chips Baby Carrots  Turkey & Cheese Sandwich  Autumn Quinoa Salad  Chocolate Revel Bar	<b>24</b> Hamburger Oven Baked Fries  Ham Sandwich  Italian Pasta Salad  Confetti Cake	<b>25</b> Cheese or Cowboy Pizza Green Beans  Roast Beef & Cheddar Sandwich  Firenze Corn Salad  Chocolate Milk
<b>28</b> Ferndale Turkey Hot Dog Tator Tots Baked Beans  Turkey Sandwich  Fruited Kale Salad  Chocolate Chip Cookie	<b>29</b> Swedish Meatballs Yukon Mashed Potatoes Roasted Carrots  Ham Sandwich  Cranberry Pear Salad  Pumpkin Bar	<b>30</b> Chicken Fettuccine Alfredo Snap Peas  Turkey & Cheese Sandwich  Tomato Jubilee Salad  Smore Bar		
				 <p>Choose <b>MyPlate</b>.gov</p>

INFORMATION

EXTRA INFO

Nicolle Thomas, R.D.  
Food Service Director  
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Renee DuFour  
Executive Chef  
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HARVEST OF



THE MONTH

All the menu information on our app **Taher Food4Life**®



www.taher.com

Menus are subject to change without notice.