

September 2021

Lunch includes: entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is Brassicas

	Monday	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST: Free to All Students 21-22 School Year Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Homemade Muffin w/ Fruit, Yogurt and Milk	Breakfast Burrito Fruit and Milk	Pancakes w/ Syrup, Local Sausage Link Fruit and Milk	Breakfast Sandwich w/ Sausage, Cheese Fruit and Milk	
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk					
LUNCH: Free to All Students for the 21-22 School Year Adult: \$3.50 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646					
			1 Chicken Patty on WG Bun	2 Meatball Subs w/ Marinara and Mozzarella	3 Grilled Ham 'n' Cheese w/ Baked Chips	
	6 LABOR DAY NO SCHOOL	7 Mac 'n' Cheese w/ Broccoli	8 Monte Cristo Sandwich w/ Syrup and Raspberry Jam	9 BBQ Pork on WG Bun w/ Coleslaw	10 Chicken Caesar Wraps	
	13 Chicken Strips w/ Honey Mustard	14 Beefy Burrito w/ Cheese, Sour Cream and Salsa	15 Pasta Salad w/ Salami and Cheese Dinner Roll	16 Cowboy Stew Dinner Roll	17 Corn Dog w/ Baked Beans	
	20 Sausage, Egg and Cheese on Flatbread	21 Spaghetti w/ Meat Sauce, Dinner Roll	22 Gilled Ham and Cheese Sandwich w/ Baked Chips	23 Chicken Stir Fry w/ Brown Rice and Veggies	24 Local Hot Dog w/ Baked Chips	
	27 Chicken Quesadilla w/ Sour Cream/Salsa	28 Enchilada Casserole	29 Cooks Choice	30 Cooks Choice		
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories					
	GRILL MENU	Grilled or Breaded Chicken Patty on WG Bun	Pizza	MT Beef Burgers On WG Bun	Pizza	MT Beef Burgers
	SANDWICH & SALADS*	Caesar Salad w/ Chicken	Egg Salad	Ham or Turkey Hoagie w/ Cheese	Tuna Salad Sandwich on WG Bread	Pasta Salad w/ Ham or Salami, Dinner Roll
Available Daily: Assorted Deli Sandwiches, PB&J, Chef Salad Unlimited Fruit and Veggies						

FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit

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