



September 2022

LET'S HAVE A GREAT SCHOOL YEAR



DAILY CHOICES:

A = GRILLED CHEESE

W/MIXED FRUIT

B= BROCCOLI PASTA SALAD

C = HEALTHY HARBOR SALAD
GRILLED CHICKEN, CARROTS,
TOMATO, PEPPERS, CUCUMBER
AVOCADO OVER ROMAINE

EACH LUNCH IS
\$7.75. A DRINK IS
NOT INCLUDED

CHECK OFF
1, 2, A,B or C FOR
EACH DAY

Catered by:



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
4	5 	6 	7 A B C 1 PANCAKES W/ APPLE SMILES 2 POTATO, EGG & CHEESE WRAP W/ APPLE SMILES	8 A B C 1 CHICKEN SALAD WRAP W/ POTATO SALAD 2 CHEESESTEAK W/ POTATO SALAD	9 GF PIZZA 1 REGULAR 2 SICILIAN 	10
11	12 A B C 1 MAC & CHEESE W/ BROCCOLI 2 SPAGHETTI & MEATBALLS	13 A B C 1 CHICKEN TACO WRAP W/ CARROT STICKS 2 CHEESE & BLACK BEAN & SPINACH QUESADILLA W/ CARROT STICKS	14 A B C 1 FRENCH TOAST STICKS W/ BANANA 2 BAGEL W/ CREAM CHEESE W/ BANANA	15 A B C 1 AMERICAN HERO W/ POTATO SALAD 2 ITALIAN HERO W/ POTATO SALAD	16 GF PIZZA 1 REGULAR 2 SICILIAN 	17
18	19 A B C 1 CHICKEN FINGERS W/ BAKED FRIES 2 HOT DOGS W/ BAKED FRIES	20 A B C 1 BEEF TACO WRAP W/ CORN 2 CHICKEN QUESADILLAS W/ CORN	21 A B C 1 COCO PANCAKES w/ ORANGES 2 BACON, EGG & CHEESE ON A ROLL W/ ORANGES	22 A B C 1 TURKEY & CHEESE ON A ROLL W/ WATERMELON 2 CHILI & CHEESE W/ TORTILLA CHIPS	23 GF PIZZA 1 REGULAR 2 SICILIAN 	24
25	26 	27	28 A B C 1 SPINACH EGG & AVOCADO W/ MIXED FRUIT 2 FRENCH TOAST BAGEL W/ CREAM CHEESE & W / MIXED FRUIT	29 A B C 1 TACO SALAD 2 GRILLED CHICKEN & MOZZ ON A ROLL W / PASTA SALAD	30 GF PIZZA 1 REGULAR 2 SICILIAN 	1

GF = Gluten Free

NAME GRADE NUMBER of LUNCHES CHECK # AMOUNT