

# SEPTEMBER | 2022



We appreciate your understanding if our menu changes due to significant availability issues in the nationwide supply chain changes. Free & Reduced meal applications are available all year at [www.payschoolscentral.com](http://www.payschoolscentral.com). Approved applications may receive additional benefits.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> Walking Taco 29 Taco Meat, Doritos. Lettuce & Cheese Or Cheese Quesadilla Pizza 39 Seasoned Corn 24 Fresh Fruit Milk	<b>2</b> Cheese Pizza Rolls 51 Pepp. Pizza Rippers 27 Marinara Sauce 6 Green Beans 4 100% Juice Milk
<b>5</b>  <b>No School</b>	<b>6</b> French Toast Sticks 57 Egg & Cheese Omelet 1 Or Breakfast Pizza 44 Potato Bites 19 Fresh Carrots 12 100% Juice Milk	<b>7</b> Spicy Chicken Tenders 17 Or Stuffed Crust Pepp. Pizza 36 Green Beans 4 Fresh Veggies Chocolate Chip Cookies 25 Fresh Fruit Milk	<b>8</b> Meatball Sub 39 Mozz Cheese 1 Or Ham & Cheese Hot Pocket 31 Baked Beans 33 Fresh Carrots 12 Applesauce 22 Milk	<b>9</b> Macaroni & Cheese 27 Or Breaded Chicken Patty Sandwich 40 Steamed Broccoli 9 Fresh Carrots 12 Soft Pretzel Twist 30 Fresh Fruit Milk
<b>12</b> Nachos W/Meat & Cheese 51 Or Or Fiestada Pizza 43 Refried Beans 31 Fresh Carrots 12 Cinnamon Pears 16 Milk	<b>13</b> Rotini Pasta W/Meat Sauce 24 Or Grilled Cheese Sandwich 31 Salad 2 W/Ranch Dip 2 Fresh Veggies Garlic Breadstick 24 Applesauce 22 Milk	<b>14</b> Jalapeno & Cheddar Sausage on a Bun 32 Or Cheeseburger Sandwich 26 Baked Beans 33 Fresh Veggies Fresh Fruit & Milk <b>2 Hour Delay</b>	<b>15</b> Sweet & Sour Chicken 31 Over Cilantro Rice 41 Steamed Broccoli 6 Fresh Veggie Sweet Roll 31 Pineapple 20 & Milk Or Breaded Chicken Patty Sandwich 40	<b>16</b> Mozzarella Cheese Sticks 33 Or Pepperoni Calzone 32 Marinara Sauce 6 Green Beans 4 Fresh Fruit Milk
<b>19</b> Salisbury Steak 3 Or Grilled Cheese Sandwich 31 Mashed Potatoes 21 & Gravy 3 Fresh Carrots 12 Warm Biscuit 24 W/Jelly 6 Diced Peaches 17 Milk	<b>20</b> French Toast Sticks 57 Sausage Links 0 Or Breakfast Pizza 44 Potato Bites 19 Fresh Carrots 12 Strawberry Cup 22 Milk	<b>21</b> Chicken 18 Or Stuffed Crust Pepp. Pizza 36 Broccoli & Cheese 7 Fresh Veggies Chocolate Chip Muffin 28 Fresh Fruit Milk	<b>22</b> Fiesta Bowl 87/83 (Taco Meat, Chicken, Cilantro Rice Rice, Queso Sauce, Corn, & Black Beans) Nacho Chips 18 100% Juice Milk	<b>23</b> Stuffed Crust Cheese Pizza 36 Or Spicy Chicken Sandwich 40 Green Beans 4 Fresh Veggie Frozen Slushie Cup 22 Milk
<b>26</b> Chicken Drumstick 6 Or Stuffed Crust Pepp. Pizza 36 Mashed Potatoes 21 Gravy 3 Fresh Broccoli 5 Sweet Roll 31 Diced Pears 16 Milk	<b>27</b> Cheeseburger Sandwich 26 Spicy Chicken Sandwich 40 Seasoned Fries 20 Grape Tomatoes 3 Fresh Fruit Milk	<b>28</b> <b>No School</b> Staff Professional Development Day	<b>29</b> Walking Taco 29 Taco Meat, Doritos. Lettuce & Cheese Or Cheese Quesadilla Pizza 39 Seasoned Corn 24 Fresh Fruit Milk	<b>30</b> Cheese Pizza Rolls 51 Pepp. Pizza Rippers 27 Marinara Sauce 6 Green Beans 4 100% Juice Milk

**The USDA No Charge Meal Waiver has expired. Please note that unless you have submitted a new 2022-2023 Free & Reduced Meal Application & been notified of approval, your student will be charged for their meal.**

**Meal Cost:**

Lunch: Paid \$2.70  
Reduced \$0.40

Free to those who qualify

**Breakfast:**

Paid \$1.00 Reduced &  
Free to those who qualify—  
No Charge

**Charge policy:** After 3 lunch charges, students will be offered a cheese sandwich, fruit, veggie, & milk until charges are paid.

**Carb counts:** White milk 13 /  
Chocolate milk 19 / Strawberry  
milk 19  
BBQ sauce 5 / Ketchup 2 / Mayo  
2 / Syrup 30/ Veggie Dip 2/Sour  
Cream 1/ S&S Sauce 11/ Taco  
Sauce 1 /French Dressing  
12/Italian Dressing 4/Ranch  
Dressing 8  
Banana 27 / Oranges 21 / Whole  
apple 19 / Grapes 18/Apple &  
Orange Juice 14 / Grape Juice  
19

**Fresh Salad Offered Daily:** 26 carbs Diced Turkey, lettuce, & croutons (4 pkts). Students may also choose 1 vegetable offered, fruit & milk.

Menu Subject to Change

This institution is an equal opportunity provider.