


# SEPTEMBER | 2023

## Mini Marauder Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Mac and Cheese Baked Beans Fresh Fruit White Milk	29 Quesadilla Broccoli Fresh Fruit White Milk	30 Pizza Slices Green Beans Fresh Fruit White Milk	3 French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	1 Chicken Poppers Mashed Potatoes Fresh Fruit White Milk
4 No School! 	5 Lunch Kit Cucumbers Fresh Fruit White Milk	6 Rotini and Meat Sauce Broccoli Fresh Fruit White Milk	7 Hamburger Corn Fresh Fruit White Milk	8 Mozzarella Sticks with Marinara Sauce Carrots Fresh Fruit White Milk
1 Chicken Sandwich Tater Tots Fresh Fruit White Milk	12 Soft Taco Refried Beans Fresh Fruit White Milk	13 Protein Power Broccoli Fresh Fruit White Milk	14 Alfredo Pasta Green Beans Fresh Fruit White Milk	15 Calzone Carrots Fresh Fruit White Milk
18 Teriyaki Dippers with Dinner Roll Broccoli Fresh Fruit White Milk	19 Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit White Milk	20 Chicken and Waffles Strawberry Sauce Cherry Tomatoes Fresh Fruit White Milk	2 Chicken Nuggets Smiley Potatoes Fresh Fruit White Milk	2 Bosco Sticks with Marinara Sauce Snap Peas Fresh Fruit White Milk
25 Mac and Cheese Baked Beans Fresh Fruit White Milk	26 Quesadilla Broccoli Fresh Fruit	27 Pizza Slices Green Beans Fresh Fruit White Milk	28 French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	29 Chicken Poppers Biscuit Mashed Potatoes Fresh Fruit Choice of Milk

### **Build a Meal**

Each student's meal will contain the following components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk

Protein Power: Yogurt, String Cheese, Grain

Lunch Kit Choices: Pizza or Turkey, Cheese and Crackers

### **Meal Prices:**

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50