

SEPTEMBER 2023

Centennial Schools

LUNCH

Second Lunch \$4.95 Just Milk \$.60 Extra Entree \$2.75
Trays must have at least ½ cup of fruit/vegetables on them to receive the \$0.00 charge.
If they do not, they will be charged Ala Carte prices.

September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.
Menu is subject to change.
This institution is an equal opportunity provider.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



LABOR DAY
NO SCHOOL 4

Pizza
Sunset Sip
Corn
Variety of Fruit 5

Hamburger
French Fries
Baked Beans
Variety of Fruit 6

Walking Taco
Fiesta Beans
Fixings
Variety of Fruit 7

Italian Dunker
Garden Salad
Cherry Tomatoes
Variety of Fruit 8

French Toast Sticks
Turkey Sausage Links
Sunset Sip
Celery Sticks
Variety of Fruit 11

Chicken Smackers
Mashed Potatoes
Dinner Roll
Corn
Variety of Fruit 12

Mini Corn Dog
Sweet Potato Fries
Baked Beans
Variety of Fruit 13

Chicken Burrito Bowl
Chip
Black Beans
Fixings
Variety of Fruit 14

Pizza Crunchers
Garden Salad
Cherry Tomatoes
Variety of Fruit 15

Orange Chicken
Fried Rice
Sugar Snap Peas
Carrots
Dinner Roll
Variety of Fruit 18

Turkey Gravy over
Mashed Potatoes
Dinner Roll
Green Beans
Gripz
Dinner Roll 19

Hot Dog on a Bun
Baked Beans
French Fries
Variety of Fruit 20

Quesadilla
Fiesta Beans
Fixings
Carrots
Variety of Fruit 21

Maxi Cheese Sticks
Garden Salad
Cherry Tomatoes
Variety of Fruit 22

Omelet
Muffin
Sunset Sip
Smile Fries
Variety of Fruit 25

Rotini
Meat Sauce
Bread Stick
Broccoli
Celery
Variety of Fruit 26

Corn Dog
Sweet Potato Fries
Baked Beans
Variety of Fruit 27

Nachos
Refried Beans
Fixings
Variety of Fruit 28

Bosco Sticks
Garden Salad
Chery Tomatoes
Variety of Fruit 29