

SEPTEMBER | 2023

SHS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Ham & Pineapple OR Gen. Tso Chicken on Rice Steamed Broccoli Roasted Vegetable, Roll Fresh Veggie bar Choice of Fruit and Milk
4 NO SCHOOL	5 Mexican Chicken On Rice with WG Roll OR Sloppy Joe Sandwich Salsa, Whole Kernel Corn Steamed Veggie Blend Fresh Veggie Bar Choice of Fruit and Milk	6 Spaghetti w/Meat sauce &W.G. Breadstick OR Pizza Calzone Roasted Vegetable Steamed Broccoli Fresh Veggie Bar Choice of Fruit and Milk	7 Little Caesar's Pizza Or Turkey & Cheese Wrap Whole Kernel Corn Baby Carrots and Dip Fresh Veggie Bar Choice of Fruit and Milk	8 Taco Stick OR Chicken Quesadilla Brown Rice Pilaf Buttered Carrots Green Beans Fresh Veggie Bar Choice of Fruit and Milk
11 Spicy Chicken Sandwich OR Sloppy Joe Sandwich Lettuce and Tomato French Fries Fresh Veggie Bar Choice of Fruit and Milk	12 BBQ Pork Sandwich OR Cheeseburger Lettuce and Tomato Tater Tots Cole Slaw Fresh Veggie Bar Choice of Fruit and Milk	13 Baked Turkey & Gravy Or Salisbury Steak & Gravy Mashed Potatoes, Green Beans, W.G. Roll Fresh Veggie Bar Choice of Fruit and Milk	14 Pizza Calzone OR Beef-a-Roni w/ W.G. Roll Whole Kernel Corn Steamed Broccoli Fresh Veggie Bar Choice of Fruit and Milk	15 Baked Meatloaf OR Gen.Tso Chicken on Rice Buttered Peas, Buttered Carrots, W.G. Roll Fresh Veggie Bar Choice of Fruit and Milk
18 Chili Dog OR Fish Sandwich Baked Chips, Baked Beans, Cole Slaw W.G Cookie Fresh Veggie Bar Choice of Fruit and Milk	19 Taco Stick OR Mexican Chicken On Rice W/ WG Roll Salsa, Whole Kernel Corn Buttered Carrots Fresh Veggie Bar Choice of Fruit and Milk	20 Pork BBQ Sand. Or Spicy Chicken Sand. Lettuce & Tomato Tater Tots, Veggie Bar Assorted Fruit Choice of Milk	21 Little Caesar's Pizza OR Ham & Cheese Wrap Seasoned Corn Baby Carrots and Dip Fresh Veggie Bar Choice of Fruit and Milk	22 Turkey Roast & Gravy Or Salisbury Steak & Gravy Mashed Potatoes, Green Beans, W.G. Roll Fresh Veggie Bar Choice of Fruit and Milk
25 Cheeseburger OR BBQ Rib Sandwich Lettuce and Tomato Tater tots, Cole Slaw Fresh Veggie Bar Choice of Fruit and Milk	26 Spaghetti w/ Meat sauce & W.G. Breadstick OR Pizza Calzone Whole Kernel Corn, Steamed Broccoli Fresh Veggie Bar Choice of Fruit and Milk	27 Corn Dog OR Sloppy Joe Sandwich French Fries Baked beans Fresh Veggie Bar Choice of Fruit and Milk	28 Taco Stick OR Chicken Quesadilla Mexican Rice Refried beans, Salsa Buttered Carrots Fresh Veggie Bar Choice of Fruit Milk	29 Cheese Pizza OR Pepperoni Pizza Whole Kernel Corn Steamed Broccoli Baby Carrots & Dip Fresh Veggie Bar Choice of Fruit and Milk

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