



September 2023 Middleschool Lunch Program



STATIONS	MONDAY	TUESDAY	WEDNESDAY	HIGH SCHOOL THURSDAY'S	FRIDAY
					1
Hot Entrée					Pizza
Vegetables					Pizza
Sandwiches					Pizza
	4	5	6	7	8
Hot Entrée	Labor Day	Hot Dogs w/ Toppings	Pasta w/ Marinara	Burgers	Pizza
Vegetables		Baked Beans	Sauteed Broccoli	French Fries	Roasted Corn
Sandwiches		Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese
	11	12	13	14	15
Hot Entrée	French Toast w/ Chicken Sausage	Taco Tuesday	Pasta W/ Meat Sauce	Meatloaf	Pizza
Vegetables	Carrots	Roasted Corn	Roasted Beets	Mashed Potato / Broccoli	Cauliflower
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese
	18	19	20	21	22
Hot Entrée	Pancakes w/ Chicken Sausage	Chicken Quesadilla	Pasta w/ Meatballs	Mac & Cheese	Pizza
Vegetables	Roasted Chick Peas	Black Bean Salad	Sauteed Spinach	Green Beans	Sweet Potato
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese
	25	26	27	28	29
Hot Entrée	Yum Kippur	Chili con Carne w/ Nacho	Cheese Ravioli w/ Tomato Sauce	Chicken Teriyaki	Pizza
Vegetables		Roasted Corn	Roasted Broccoli	Steamed Edamame	French Fries
Sandwiches		Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese

Available Daily :Whole Wheat Breads and Bagels with String Cheese... Sunbutter & Jelly Sandwich. Assorted Whole Wheat Cereal, Granola Parfaits, Hummus and Crunchy Chips. Fresh Fruits:Various Seasonal Apples, Oranges, Bananas, 1% Milk and Juices are all included with your complete meal. Special Needs or Gluten Free are Upon Request.