



SECONDARY LUNCH SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Chef Salad Assorted Cold Sandwiches* Fresh Fruits and Vegetables Available Daily	*=WHOLE GRAIN OPTIONS	Reminder- Fill out Free and Reduced Applications for ALL Students		No School! Have a great weekend!
4	5	6	7	8
Happy Labor Day!	Hot Dog Bar* Pizza* or PB&J Uncrustable* French Fries/Baked Beans Graham Snacks/Mixed Fruit/Milk	Burrito Bowl W/ Tortilla Chips Pizza* or Corn Dog* Rice/Black Beans/Corn Pears/Milk	Chicken Alfredo W/Roll* Pizza* or Turkey & Cheese Bagel* Broccoli/Carrots Peaches/Milk	Breakfast Bar Pizza* or Fish Sticks W/ Roll* Tater Tots/Celery Sticks Grapes/Milk
11	12	13	14	15
Chicken Sandwich Bar* Pizza* or Ham & Cheese Wrap Baked Beans/French Fries Grapes/Milk	Sweet N Sour Chicken* W/ Rice Pizza* or Tuna Sandwich* Zucchini/Red Pepper Strips Apples/Milk	Spaghetti Bar* Pizza* or Mini Corn Dogs* Green Beans/Romaine Salad Clementines/Milk	Bosco Sticks* W/ Marinara Pizza* or PB&J Uncrustable* Broccoli/Cauliflower Blueberries/Milk	Cheeseburger Bar* Pizza* or Fish Sandwich* Tater Tots/Tomato Slices Pineapple/Milk
18	19	20	21	22
Hot Dog on a Bun* Pizza* or PB&J Uncrustable* Baked Beans/Carrot Sticks Oranges/Milk	Chicken Nuggets* Pizza* or Turkey & Cheese Bagel* Rice/Green Beans Pineapple/Milk	Baked Potato Bar Pizza* or Brat on a Bun* Broccoli/ Mushrooms Applesauce Cup/Milk	Breakfast Bar* Pizza* or Ham & Cheese Wrap Tater Tots Banana/Milk	Macaroni and Cheese* W/ Roll* Pizza* or Fish Sticks W/ Roll* Broccoli Grapes/Milk
25	26	27	28	29
Bosco Sticks* W/ Marinara Pizza* or PB&J Uncrustable* Broccoli/Cauliflower Peach Cup/Milk	Soup & Sandwich* Bar Pizza* or Turkey & Cheese Bagel* Broccoli/Romaine Salad Grapes/Milk	Beefy Taco W/ Salsa Pizza* or Hot Dog on a Bun* Pinto Beans/Corn Watermelon/Milk	Chicken Tenders* Pizza* or Ham & Cheese Wrap French Fries/Baked Beans Pears/Milk	Lasagna Roll Ups* W/ Breadstick* Pizza* or PB&J Uncrustable* Green Beans/100% Fruit Juice Slush Banana/Milk
This institution is an equal opportunity provider				