## September 2023

## Lunch Menu K-8



				healthy meals for all
Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce	WEEKLY 5 FAVE  Chicken Tamale  w/ Seasoned Corn	Turkey Nachos Poptillas Chips	Deep Dish Pepperoni Pizza
Oven Bakea Thes		COLD ENTRÉES OF THE DAY		
Turkey & Cheese Torta Side of Baked Fries	Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots	Chicken Salad Sandwich  Celery Sticks	Italian Turkey Submarine Garbanzo Bean & Tomato Salad	Smoked Turkey & Cheese Sandwich on Knot Roll
Double Cheese Torta Side of Baked Fries	Soy Butter & Jelly Sandwich  Baby Carrots	Build Your Own Cheese Pizza Kit Marinara Sauce	Artisan Cheese Sandwich Garbanzo Bean & Tomato Salad	Egg Salad Sandwich
		ENTREE SALAD OF THE DAY  Vegetable Chef Salad  w/ Egg & Cheese	Chicken Taco Salad	Chicken Caprese Salad
		Poptillas Chips Ranch Dressing	Poptillas Chips Ranch Dressing	Poptillas Chips Italian Dressing
		FEATURED ENTREE OF THE DAY		
28-Aug	29-Aug	30-Aug	31-Aug	L.C.
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili Poptillas Chips	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black-Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
Baby Carrots	Baby Carrots	Celery Sticks	Jicama Sticks	Romaine Side Salad w/ Ranch
100% Fruit Juice	Orange	Banana	Apple	Orange
4-Sup	5-Sop	6-Sep	7-Sep	8-5
	w/ Roasted Potatoes	Firecracker Chicken w/ Yakisoba Noodles Cabbagę & Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Hamburger
	Sunbutter, String Cheese, Wheat Crackers, Baby Carrot & Apple	cheese lamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
	Baby Carrots	Celery Sticks	Jicama Sticks	Lettuce, Tomatoes, Pickles Kit
	Orange	Banana	Apple	Orange
11-Sep	12-Sep	13-Sep	IA-Sep	15-5
Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes Syrup	Chicken Fajitas w/ Pinto Beans Tortillas	Macaroni. Cheese
Cheese Mult DUGE!	Cheesy Baked Ziti w/ Marinara Sauce	Cheese Tamale	0.01	
9	w/ Marinara Sauce	w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
Baby Carrots	Baby Carrots	w/ Black Beans &		Deep Dish Cheese Pizza
		Celery Sticks  Banana	w/ Pinto Beans  Cucumber Slices w/ Tajin  Apple	Romaine Side Salad w/ Ranch Orange
Baby Carrots	Baby Carrots	Celery Sticks	w/ Pinto Beans  Cucumber Slices w/ Tajlin  Apple  21-Sep	Romaine Side Salad w/ Ranch Orange 22-S
Baby Carrots  100% Frult Juice	Baby Carrots Orange	Celery Sticks  Banana	w/ Pinto Beans  Cucumber Slices w/ Tajlin  Apple  21-Sep	Romaine Side Salad w/ Ranch Orange
Boby Carrots  100% Fruit Juice  18–Sep  Chicken Patty Burger	Baby Carrots  Orange  19-Sep  Chicken Alfredo Pasta	Celery Sticks  Banana  20-Sep  Chicken Enchilada	w/ Pinto Beans  Cucumber Slices w/ Tojin  Apple  21-Sep	Romaine Side Salad w/ Ranch Orange  72-5 Beef, Bean & Cheese Burrito Deep Dish Cheese Pizza
8aby Carrots  100% Fruit Juice  18-Sep  Chicken Patty Burger Oven Baked Fries  Cheese Melt	Orange  19-Sep  Chicken Alfredo Pasta w/ Steamed Broccoli  Cheesy Alfredo Pasta	Celery Sticks  Banana  20-Sep  Chicken Enchilada w/ Creamy Green Salsa  Cheese Tamale	w/ Pinto Beans  Cucumber Slices w/ Tajin  Apple  21-Sep  Turkey & Bean Chili  Poptillas Chips  Bean & Cheese Pupusa	Romaine Side Salad w/ Ranch Orange  77-S Beef, Bean & Cheese Burrito
Baby Carrots  100% Fruit Juice  18-Sep  Chicken Patty Burger Oven Baked Fries  Cheese Melt Oven Baked Fries	Orange  19-Se)  Chicken Alfredo Pasta w/ Steamed Broccoli  Cheesy Alfredo Pasta w/ Steamed Broccoli  Baby Carrots  Orange	Celery Sticks  Banana  20-Sep  Chicken Enchilada w/ Creamy Green Salsa  Cheese Tamale w/ Black Beans  Celery Sticks  Banana	w/ Pinto Beans  Cucumber Slices w/ Tajin  Apple  21-Septilles Chips  Bean & Cheese Pupusa w/ Pinto Beans  Jicama Sticks  Apple	Romaine Side Salad w/ Ranch  Orange  12-5  Beef, Bean & Cheese Burrito  Deep Dish Cheese Pizza  Romaine Side Salad w/ Ranch  Orange
Baby Carrots  100% Fruit Juice  18-Sep  Chicken Patty Burger Oven Baked Fries  Cheese Melt Oven Baked Fries  Baby Carrots	Orange  19-Set  Chicken Alfredo Pasta w/ Steamed Broccoli  Cheesy Alfredo Pasta w/ Steamed Broccoli  Baby Carrots	Celery Sticks  Banana  20-Sep  Chicken Enchilada w/ Creamy Green Salsa  Cheese Tamale w/ Black Beans  Celery Sticks	w/ Pinto Beans  Cucumber Slices w/ Tajin  Apple  21-Septilles Chips  Bean & Cheese Pupusa w/ Pinto Beans  Jicama Sticks	Romaine Side Salad w/ Ranch  Orange  22-3  Beef, Bean & Cheese Burrito  Deep Dish Cheese Pizza  Romaine Side Salad w/ Ranch
Baby Carrots  100% Fruit Juice  Chicken Patty Burger Oven Baked Fries  Cheese Melt Oven Baked Fries  Baby Carrots  100% Fruit Juice	Orange  19-Se)  Chicken Alfredo Pasta w/ Steamed Broccoli  Cheesy Alfredo Pasta w/ Steamed Broccoli  Baby Carrots  Orange	Celery Sticks  Banana  20-Sep  Chicken Enchilada w/ Creamy Green Salsa  Cheese Tamale w/ Black Beans  Celery Sticks  Banana	w/ Pinto Beans  Cucumber Slices w/ Tajin  Apple  21-Septilles Chips  Bean & Cheese Pupusa w/ Pinto Beans  Jicama Sticks  Apple	Romaine Side Salad w/ Ranch  Orange  12-5  Beef, Bean & Cheese Burrito  Deep Dish Cheese Pizza  Romaine Side Salad w/ Ranch  Orange
Baby Carrots  100% Fruit Juice  18-Sep  Chicken Patty Burger Oven Baked Fries  Cheese Melt Oven Baked Fries  Baby Carrots  100% Fruit Juice  75-Sep  Hot Dog	Chicken Alfredo Pasta w/ Steamed Broccoli  Cheesy Alfredo Pasta w/ Steamed Broccoli  Baby Carrots  Orange  26-Sep	Celery Sticks  Banana  20-Sep  Chicken Enchilada w/ Creamy Green Salsa  Cheese Tamale w/ Black Beans  Celery Sticks  Banana  27-Sep  Firecracker Chicken w/ Yakisoba Noodles	w/ Pinto Beans  Cucumber Slices w/ Tajin  Apple  21-SSP  Durkey & Bean Chili  Poptillas Chips  Bean & Cheese Pupusa  w/ Pinto Beans  Jicama Sticks  Apple  28-SSP  Chicken Burrito Bowl	Romaine Side Salad w/ Ranch  Orange  22-3  Beef, Bean & Cheese Burrito  Deep Dish Cheese Pizza  Romaine Side Salad w/ Ranch  Orange
Baby Carrots  100% Fruit Juice  Chicken Patty Burger Oven Baked Fries  Cheese Melt Oven Baked Fries  Baby Carrots  100% Fruit Juice  25-Sep  Hot Dog Oven Baked Fries  Cheese Melt	Chicken Alfredo Pasta w/ Steamed Broccoli  Cheesy Alfredo Pasta w/ Steamed Broccoli  Baby Carrots  Orange  Chicken Nuggets w/ Roasted Potatoes  Cheese Lasagna	Celery Sticks  Banana  20-Sep  Chicken Enchilada w/ Creamy Green Salsa  Cheese Tamale w/ Black Beans  Celery Sticks  Banana  77-Sep  Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots  Cheese Famale	w/ Pinto Beans  Cucumber Slices w/ Tajin  Apple  The Second Cucumber Slices w/ Tajin  Apple  The Second Cucumber Slices w/ Tajin  Apple  The Second Cucumber Slices Pupusa  w/ Pinto Beans  Jicama Sticks  Apple  The Second Cucumber Slices  Apple  Chicken Burrito Bowl  w/ Black Beans & Rice  Bean & Cheese Pupusa	Romaine Side Salad w/ Ranch Orange  22-S Beef, Bean & Cheese Burrito Deep Dish Cheese Pizza  Romaine Side Salad w/ Ranch Orange  Hamburger

This institution is an equal opportunity provider. Menus are subject to change without notice.

\*Idignlighted Meals are Ordered