



## Main Lunch Menu – NSP K-8

September 2023

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5<sup>th</sup> Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or

1% unflavored or flavored milk 8oz

6<sup>th</sup> – 8<sup>th</sup> Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 28</b>  	<b>August 29</b>  	<b>August 30</b> <b>Turkey Ham and Cheese Sub on WG Bun</b> Fresh Broccoli w/ Ranch Garbanzo Beans Mayo Fruit Milk	<b>August 31</b> <b>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta</b> Peas Fruit Milk	<b>September 1</b> <b>Turkey Sausage</b> WG French Toast Breakfast Potatoes Fruit Milk
<b>September 4</b>  <b>LABOR DAY</b> <b>School Holiday</b>	<b>September 5</b> <b>Italian Turkey Sandwich</b> Carrot Sticks x2 Ranch Dressing Mayonnaise Fruit Milk	<b>September 6</b> <b>Italian Chicken Pasta Salad</b> (Grilled Chicken over WG Pasta, peas, cheddar cheese and Italian Dressing) Tomato Cucumber Salad Fruit Milk	<b>September 7</b> <b>Taco Beef w. Cheddar Cheese</b> WG Flour Tortilla Corn Fruit Milk	<b>September 8</b> <b>Turkey BBQ</b> Brown Rice Peas Fruit Milk
<b>September 11</b> <b>Turkey Burger</b> Sliced Cheddar Cheese WG Sandwich Roll Green Beans Fruit Milk	<b>September 12</b> <b>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta</b> Peas Fruit Milk	<b>September 13</b> <b>Chicken, Turkey Pepperoni &amp; Cheese Sandwich on WW Bun</b> Carrot Sticks x2 Ranch Dressing Fruit Milk	<b>September 14</b> <b>Turkey Sausage</b> String Cheese WG French Toast Breakfast Potatoes Fruit Milk	<b>September 15</b> <b>Grilled Chicken Garden Salad</b> Romaine Lettuce with tomatoes and Cucumbers Garbanzo Beans Italian Dressing WG Dinner Roll Fruit Milk
<b>September 18</b> <b>WG Chicken Tenders</b> Mashed Potatoes Ketchup Fruit Milk	<b>September 19</b> <b>Mac &amp; Cheese w. WG Pasta</b> Cooked Carrots Fruit Milk	<b>September 20</b> <b>Turkey Ham &amp; Cheese on WG Bun</b> Fresh Broccoli Garbanzo Beans Mayo Ranch Dressing Fruit Milk	<b>September 21</b> <b>Swedish Meatballs</b> Brown Rice Peas Fruit Milk	<b>September 22</b> <b>WG Pancake w/ Chicken Sausage and Cheese Sandwich</b> String Cheese Dinner Roll Tomato/Cucumber Salad Fruit Milk
<b>September 25</b> <b>Grilled Cheese on WG Bread</b> Carrot Sticks x2 Ranch Dressing Ketchup Fruit Milk	<b>September 26</b> <b>Chicken, Broccoli, Cheddar Cheese, and Brown Rice Bake</b> Mixed Vegetables Fruit Milk	<b>September 27</b> <b>Turkey &amp; Cheese Sandwich on WG Bread</b> Fresh Broccoli Garbanzo Beans Ranch Dressing Mayo Fruit Milk	<b>September 28</b> <b>WG Chicken Patty Ketchup</b> WG Bun Green Beans Fruit Milk	<b>September 29</b> <b>Italian Meatball Hoagie w/ Provolone Cheese</b> WG Hoagie Roll Peas Fruit Milk

WG = Whole Grain