Renville County West HS/Middle School September Lunch Menu

September 2024

Baked BBQ Ch Pizza M Veggie Fruit Se Choice 10 Chicken Philly Flatbread Steamed Carrots Chicken Bacon Alfredo Flatbread Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk 16 17 Fish Sandwich Roasted Broccoli Turkey Piegga Chef Salad Veggie Bar Fruit Selection Choice of Milk Possible Ser Fruit Selection Choice of Milk Possible Ser Fruit Selection Choice of Milk Pish Sandwich Roasted Broccoli Turkey D Veggie Bar Fruit Selection Choice of Milk Piggie I Fruit Selection Choice of Milk Pigs in a Buffalo C Veggie I Fruit Selection Choice of Milk Pigs in a Buffalo C Veggie Fruit Selection Choice of Milk Turkey D Amacaroni Whole C Steame Pigs in a Buffalo C Veggie Fruit Selection Choice of Milk 10 Chicken Caesar Salad Pigs in a Buffalo C Veggie Fruit Selection Choice of Milk 11 Chicken Alfredo Garlic Breadstick Steamed Green Beans Chicken Bacon Alfredo Flatbread Chicken Salad Veggie Bar Chicken Salad Veggie Bar Choice of Milk	A		Ata		
BBQ Rit Baked BBQ Ch Pizza Mi Veggie Fruit Sc Choice 10 Chicken Philly Flatbread Steamed Carrots Chicken Bacon Alfredo Flatbread Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk 16 17 Fish Sandwich Roasted Broccoli Furkey Piegga Chef Salad Veggie Bar Fruit Selection Choice of Milk Veggie Bar Fruit Selection Choice of Milk 17 Salsa Refried BBQ Chicker Salad BBQ Chicker Salad Veggie Brutrkey Deggie Bruit Selection Choice of Milk Piggie Bar Fruit Selection Choice of Milk 23 Crispy Chicken Nuggets Dinner Roll Mashed Potatoes Ham & Pepperoni Melt Chicken Caesar Salad Veggie Bar Fruit Selection Choice of Milk 30 Chicken Alfredo Garlic Breadstick Steamed Green Beans Chicken Bacon Alfredo Flatbread Chicken Salad Veggie Bar Chicken Bacon Alfredo Flatbread Green Bacon Salad Veggie Bar Chicken Bacon Alfredo Flatbread Chicken Salad Veggie Bar Chicken Bacon Alfredo Flatbread Chicken Salad Veggie Bar Chicken Bacon Alfredo Flatbread Chicken Salad Veggie Bar	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken Philly Flatbread Steamed Carrots Chicken Bacon Alfredo Flatbread Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk 16 ish Sandwich Roasted Broccoli urkey Piegga hef Salad Veggie Bar Fruit Selection Choice of Milk 17 Beefy Na Salsa Refried Uveggie Bar Fruit Selection Choice of Milk 18 BBQ Chic Turkey D Veggie I Fruit Se Choice of Milk 19 Choice of Milk 10 Choice of Milk 10 Choice of Milk 11 Choice of Milk 11 Choice of Milk 11 Choice of Milk 12 Choice of Milk 12 Choice of Milk 18 Choice of Milk 19 Choice of Milk 10 Choice of Milk 10 Choice of Milk 10 Choice of Milk 11 Choice of Milk 12 Choice of Milk 10 Choice of Milk 11 Choice of Milk 12 Choice of Milk 12 Choice of Milk 13 Choice of Milk 14 Choice of Milk 15 Choice of Milk 16 Choice of Milk 17 Choice of Milk 18 Choice of Milk 18 Choice of Milk 19 Choice of Milk 10 Choice of Milk 10 Choice of Milk 11 Choice of Milk 11 Choice of Milk 12 Choice of Milk 11 Choice of Milk 12 Choice of Milk 14 Choice of Milk 15 Choice of Milk 16 Choice of Milk 17 Choice of Milk 18 Choice of Milk 19 Choice of Milk 19 Choice of Milk 19 Choice of Milk 10 Cho	Nat'l. Ribs Day Rib Sandwich ked Beans, Vegetarian Chicken Pizza a Munchable ggie Bar itt Selection oice of Milk	4 LTO TASTING Grilled Chicken Sandwich Steamed Green Beans Sun Chips Tasting- Chickpea Waldorf Salad Cheeseburger Asian Chicken Salad Veggie Bar	5 LTO Chicken Tacos Salsa Steamed Corn LTO- Chickpea Waldorf Salad Crispy Chicken Sandwich Pizza Munchable Veggie Bar Fruit Selection	6 Sausage Pizza Roasted Broccoli Asian Chicken Salad Veggie Bar Fruit Selection Choice of Milk	
Steamed Carrots Chicken Bacon Alfredo Flatbread Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk 16 17 Fish Sandwich Roasted Broccoli Turkey Piegga Chef Salad Choice of Milk Peggie Bar Fruit Selection Choice of Milk Pruit Selection Choice of Milk Pigs in a Buffalo C Steame Pigs in a Buffalo C Veggie Bar Fruit Selection Choice of Milk Pigs in a Buffalo C Steame Pigs in a Buffalo C Steame Chicken Caesar Salad Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk Pigs in a Buffalo C Steame Choice of Milk	Nat'l. Hot Dog Day	11	12	13 Tomato& Marjorar	
Fish Sandwich Roasted Broccoli Roasted Broccoli Furkey Piegga Chef Salad Veggie Bar Fruit Selection Choice of Milk Pruit Selection Choice of Milk Crispy Chicken Nuggets Dinner Roll Mashed Potatoes Ham & Pepperoni Melt Chicken Caesar Salad Veggie Bar Fruit Selection Choice of Milk Pigs in a Buffalo C Veggie Br Fruit Selection Choice of Milk 1 Chicken Alfredo Garlic Breadstick Steamed Green Beans Chicken Bacon Alfredo Clatbread Crispy Chicken Salad Veggie Bar Chicken Bacon Alfredo Clatbread Crispy Chicken Salad Veggie Bar	Chips Sted Broccoli Pizza tyle Buffalo Chix	Orange Chicken Brown Rice Steamed Peas Cheeseburger Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk	BBQ Pulled Pork Sandwich Baked Beans, Vegetarian Homemade Brownie Crispy Chicken Sandwich NY Style Buffalo Chix Veggie Bar Fruit Selection Choice of Milk	Spaghetti Garlic Toast Roasted Broccoli Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk	
Roasted Broccoli Furkey Piegga Chef Salad Veggie Bar Fruit Selection Choice of Milk Crispy Chicken Nuggets Dinner Roll Mashed Potatoes Ham & Pepperoni Melt Chicken Caesar Salad Veggie Bar Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Pigs in a Buffalo C Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk Turkey D Veggie I Fruit Selection Choice of Milk		18 LTO TASTING	19 LTO	20 HOM - Zucchini	
Crispy Chicken Nuggets Dinner Roll Mashed Potatoes Ham & Pepperoni Melt Chicken Caesar Salad Veggie Bar Fruit Selection Choice of Milk Chicken Alfredo Garlic Breadstick Steamed Green Beans Chicken Bacon Alfredo Flatbread Crispy Chicken Salad Veggie Bar	sa ried Beans Chicken Pizza ey Deli Sandwich	Crispy Chicken Sandwich Steamed Green Beans Tasting- Cheeseburger Fries Cheeseburger Chef Salad Veggie Bar Fruit Selection Choice of Milk	Cheeseburger French Fries LTO- Cheeseburger Fries Spicy Chicken Patty on Bun Turkey Deli Sandwich Veggie Bar Fruit Selection Choice of Milk	Pepperoni Pizza Roasted Zucchini SideKick Chef Salad Veggie Bar Fruit Selection Choice of Milk	
Dinner Roll Mashed Potatoes Ham & Pepperoni Melt Chicken Caesar Salad Veggie Bar Fruit Selection Choice of Milk 30 Chicken Alfredo Garlic Breadstick Steamed Green Beans Chicken Bacon Alfredo Flatbread Crispy Chicken Salad Veggie Bar		25 Nat'l. Quesadilla Day	26 Nat'l. Pancake Day	27 NO SCHOOL	
Chicken Alfredo Garlic Breadstick Steamed Green Beans Chicken Bacon Alfredo Flatbread Crispy Chicken Salad Veggie Bar	aroni & Cheese ble Grain Dinner Roll amed Green Beans in a Blanket llo Chicken Wrap gie Bar t Selection ice of milk	Chicken & Cheese Quesadilla Salsa Refried Beans Cheeseburger Chicken Caesar Salad Veggie Bar Fruit Selection Choice of Milk	Pancakes Easy Egg Bake Tri Tater M&M Cookie Crispy Chicken Sandwich Buffalo Chicken Wrap Veggie Bar Fruit Selection Choice of Milk		
Fruit Selection Choice of Milk					

Student Lunch FREE \$2.25 Extra Entrée \$5.00 Salad Only \$3.00 Extra Milk \$.50

Milk Choice of 1% or Chocolate is included with

Entrée Salads are served with a dinner roll. For Questions, Contact Food Service at: kgarza@rcw.k12.mn.us





Menus and nutrition

