

# September 2024

## Saucon Valley Middle School

### Monday

2  
School Closed  
for Labor Day

9  
Bosco Sticks w/  
Marinara Sauce  
Broccoli  
Applesauce

16  
Max Sticks w/  
Marinara Sauce  
Caesar Salad  
Fresh Apple Slices

23  
Baked WG Lasagna  
w/Meatballs & Roll  
Peas  
Diced Peaches

30  
Breaded Chicken  
Patty on WG Roll  
Baled Beans  
Fresh Sliced Apples

### Tuesday

3  
Macaroni &  
Cheese w/WG Roll  
Mixed Vegetables  
Strawberry Cup

10  
Grilled Cheese on  
WG Bread  
Tomato Soup  
Peaches

17  
Hamburger on a  
WG Roll  
Baked Fries  
Diced Pears

24  
Cheeseburger on  
WG Roll  
Baked Beans  
Fresh Sliced Apples

### Wednesday

4  
Chicken Tenders w/  
WG Roll  
Broccoli  
Mixed Berry Cup

11  
Cheeseburger on  
WG Roll  
Baked Beans  
Mixed Fruit

18  
WG Mini Corn Dogs  
Baked Beans  
Mixed Berry Cup

25  
Bosco Sticks w/  
Marinara Sauce  
Broccoli  
Applesauce

### Thursday

5  
Nachos Supreme w/  
lettuce, tomato,  
cheese, salsa  
Corn  
Diced Pears

12  
Chicken Nuggets  
w/ WG Roll  
Mixed Vegetables  
Strawberry Cups

19  
Meatball Sandwich  
on WG Roll  
Broccoli  
Strawberry Cup

26  
Chicken Nuggets  
w/ WG Roll  
Corn  
Strawberry Cup

### Friday

6  
Chicken Quesadilla  
Homemade  
Cucumber Salad  
Peaches

13  
Tony's Round Pizza  
Roasted Green Beans  
Diced Pears

20  
Chicken Cheese  
Ranch Wrap  
Sliced Cucumbers  
Fresh Apple Slices

27  
Tony' Pepperoni  
Round Pizza  
Baked Smile Fries  
Diced Pears

Lunch Cost \$3.25

Available daily included with meal.

Assorted flavored and unflavored milk

Sun Cup 100% Fruit Juice  
Fresh Baby Carrots  
Assorted Fresh Fruit  
Salad bar  
Caesar or Tossed Salad

Alternate Lunch Meal

Choices:

Sliced Pizza  
Popcorn Chicken w/ roll  
Cheeseburger  
Yogurt Parfait

All meals consist of 5 components, a protein, grain, vegetable, fruit and milk. Students must select 3 out of the 5 components to make a meal complete and one of the components must include a fruit or vegetable.

*Ala Carte Snack Pricing available on food service website.*

**Menu Subject to Change**

USDA and this institution are an equal opportunity provider

### Did you know?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.