

SEPTEMBER 2024

LUNCH



**School Information: K-5 Lunch Price \$3.50,
6-12 Lunch Price \$3.75
Reduced Lunch Price \$.40
Alternates are only available to Jr/High
School Students since they are Offer vs.**



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Labor Day
NO SCHOOL**

2

Cheeseburger on Bun, Leaf Lettuce, Tomato Slice, Oven Fries, Strawberries, Fresh Fruit (6-12), and Milk
Alternate: Fruit, Yogurt Parfait

3

Nachos, **Tortilla Chips (6-12)**, Red Bell Pepper Slices, Sliced Cucumbers, Peaches, Cinnamon Roll, **Canned Fruit (6-12)**, and Milk
Alternate: Popcorn Chicken

4

Chicken Nuggets, WW Roll, Mashed Potatoes, Gravy, Tossed Salad, Pears, **Fruit (6-12)**, and Milk
Alternate: Pulled Pork Snd

5

Calzone, Green Beans, Grapes, **Honey Apple Crisp (9-12)**, **Canned Fruit (6-12)**, and Milk
Alternate: Breaded CK Snd

6

Pig in a Blanket, Roasted Red Potatoes, Broccoli w/Cheese, Apple Slices, **Canned Fruit (6-12)**, and Milk
Alternate: Uncrustable

9

Chicken Tenders, Brown Rice, Green Peas, Tropical Fruit, **Oatmeal Cookie (9-12)**, **Fresh Fruit (6-12)**, and Milk
Alternate: Chicken Taco

10

Spaghetti/w Meat Sauce, Garlic Bread, Garden Salad, Green Beans, Mandarin Oranges, **Canned Fruit (6-12)**, and Milk
Alternate: Hamburger on Bun

11

Corndog, Broccoli Florets w/Ranch, Refried Beans, Watermelon, **Snowball Salad (6-12)**, **Fruit (6-12)**, and Milk
Alternate: Yogurt & Muffin Plate

12

Popcorn Chicken, **WW Roll & Jam (6-12)**, Mashed Potatoes, Corn, Grapes, **Fruit (6-12)**, and Milk
Alternate: Turkey & Cheese Sub

13

Mini Meatball Sub, Ranch Potato Wedges, Tossed Salad, Peaches, **Canned Fruit (6-12)**, and Milk
Alternate: Hot Dog on Bun

16

Chicken Drumstick, WW Roll, Baked Beans, Cole Slaw, Baby Carrots, Apricot Halves, **Canned Fruit (6-12)**, and Milk
Alternate: Popcorn Chicken

17

Mini Corndogs, Cherry Tomatoes, Cucumber Slices, Bananas, **Fruit (6-12)**, and Milk
Alternate: Cooks Choice

18

Cheese Pizza, Broccoli, Baby Carrots, Citrus Fruit, **Canned Fruit (6-12)**, and Milk
Alternate: Grilled CK Snd

19

Biscuits & Gravy, **Sausage Patty (6-12)**, Snaped Peas, Hash Brown Patty, Apple Slices, **Canned Fruit (6-12)**, and Milk
Alternate: Pepperoni Pizza

20

BBQ Rib Patty Snd, Lettuce Leaf, Tomato Slice, Sweet Potato Fries, Grapes, **Fruit (6-12)**, and Milk
Alternate: Uncrustable

23

Chicken Nuggets, Baked Chips, Refried Beans, Kiwi & Strawberries, **Canned Fruit (6-12)**, and Milk
Alternate: Chicken Crispito

24

Hot Dog on Bun, Green Beans, Tater Tots, Fruit Cocktail, **Fruit (6-12)**, Cookie, and Milk
Alternate: Hamburger on Bun

25

Chicken Quesadilla Pizza, **Tortilla Chips (9-12)**, Broccoli, Baby Carrots, Cantaloupe, **Canned Fruit (6-12)**, and Milk
Alternate: Yogurt Parfait

26

Bosco w/Marinara, Corn, Garden Salad, Orange Slices, **Fresh Fruit (6-12)**, and Milk
Alternate: Ham & Cheese Sub

27

Cheeseburger on Bun, Lettuce Leaf, Tomato Slice, Oven Fries, Fresh Fruit, **Canned Fruit (6-12)**, and Milk
Alternate: Tornodos

30

This institution is an equal opportunity provider.



Menu is subject to change without notification.