



# Cap High Lunch Menu



# September

Monday	Tuesday	Wednesday	Thursday	Friday
For more information on the menu items, such as allergens, visit <a href="http://SchoolCafe.com/MMSD">SchoolCafe.com/MMSD</a>			This institution is an equal opportunity provider.	
	2 <b>Cheese Pizza Chicken Patty Sandwich Chef Salad</b> Strawberries, Apple Slices, Peas, Celery Caesar Salad	3 <b>Buffalo Wing Wednesday Bosco Sticks Chicken Caesar Salad</b> Bananas, Blueberries, Cauliflower, Corn Italian Salad	4 <b>Pepperoni Pizza Bean &amp; Cheese Burrito Chef Salad</b> Strawberries, Pears Carrots, Tomatoes Ranch Salad	5 <b>Grilled Cheese Boneless Wings Chicken Caesar Salad</b> Blueberries, Craisins, Bell Pepper Strips, Pickles Caesar Salad
		10 <b>BBQ Wing Wednesday Spicy Grilled Cheese Chicken Caesar Salad</b> Strawberries, Bananas, Peas, Broccoli Caesar Salad	11 <b>Pepperoni Pizza Chicken Tenders Grab n Go Bag Chef Salad</b> Blueberries, Peaches, Cucumbers, Corn Italian Salad	12 <b>Cheeseburger Chicken Patty Sandwich Cheese Pizza Chicken Caesar Salad</b> Strawberries, Craisins, Pickles, Cauliflower Ranch Salad
		17 <b>Sriracha Honey Wing Wednesday Bosco Sticks Chicken Caesar Salad</b> Blueberries, Bananas, Tomatoes, Peas, Ranch Salad	18 <b>Pepperoni Pizza Bean &amp; Cheese Burrito Chef Salad</b> Strawberries, Pears, Broccoli, Cucumbers Caesar Salad	19 <b>Mini Corn Dogs Chicken Patty Sandwich Chicken Caesar Salad</b> Blueberries, Craisins, Pickles, Carrots Italian Salad
15 <b>Hot Dog Chicken Tenders Cheesy Pull-Aparts Chicken Caesar Salad</b> Strawberries, Applesauce, Chickpeas, Celery Italian Salad	16 <b>Meatloaf &amp; Seasoned Potatoes Chicken Patty on a Bun with Wedges Cheese Pizza Chef Salad</b> Strawberries, Apple Slices, Pickles, Corn Italian Salad			
22 <b>Chicken Tenders and Biscuit Waffles Fries Bosco Sticks Chicken Caesar Salad</b> Strawberries, Applesauce Cup, Chickpeas, Celery, Ranch Salad	23 <b>Cheese Pizza Cheesy Pull-Aparts Chef Salad</b> Blueberries, Apple Slices, Carrots, Potato Salad, Caesar Salad	24 <b>Sweet Chili Wing Wednesday Bosco Sticks Grilled Cheese Chicken Caesar Salad</b> Strawberries, Banana, Tomatoes, Salsa, Italian Salad	25 <b>Pepperoni Pizza Chicken Tenders Chef Salad</b> Blueberries, Peaches, Broccoli, Coleslaw, Ranch Salad	26 <b>Cheese Pizza Chicken Patty on a Bun Chicken Caesar Salad</b> Strawberries, Craisins, Zucchini, Peas

**Milk**  
Offered Daily  
1% Chocolate  
1% White  
Skim White