



SALAD BAR, YOGURT PARFAIT, PB&J POCKETS, OFFERED DAILY AS A LUNCH ALTERNATIVE

Lunch - \$2.60/Reduced - \$.40
This institution is an equal opportunity provider



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Thursday

Friday

9
Soft Pretzel w/Cheesesauce Or
Toasted Cheese Sandwich
French Fries
Romaine Salad
Fruit Milk

10
Pizza Calzone Or
Bosco Cheese Sticks
Spiral Fries
Marinara Sauce
Fruit Milk

11
Chicken Tenders Or
BBQ Pork Sandwich
Buttered Macaroni
Corn on Cob
Baby Carrots
Fruit Milk

Pizza Hut Or
Sub Sandwich
Cheddar Pop Corn
Romaine Salad
Fresh Veggies w/Hummus
Fruit Milk



16
Waffles w/Sausage Or
Fiestada Pizza
Starz Fries
Green Beans
Fruit Milk

17
BUILD YOUR OWN BURRITO
Taco Meat or Chicken Fajita
Fruit Milk

18
Chicken Nuggets Or
Turkey & Gravy w/Roll
Mashed Potatoes w/Gravy
Glazed Carrots
Fruit Milk

19
Big Daddy Pizza Or
Sub Sandwich
Baked Lays
Romaine Salad
Celery Sticks
Fruit Milk

20
Spaghetti w/Meatballs Or
Chicken Alfredo
Garlic Toast
Romaine Salad
Steamed Broccoli
Fruit Milk

23
Stromboli Or
BBQ Rib Sandwich
Baked Beans
French Fries
Fruit Milk

24
General Tso Chicken w/Breadstick Or
Chicken Chipotle Flatbread
Romaine Salad
Steamed Broccoli
Fruit Milk

25
Chicken Nuggets Or
Turkey & Gravy w/Roll
Mashed Potatoes w/Gravy
Corn
Baby Carrots
Fruit Milk

26
Pizza Hut Or
Sub Sandwich
RF Doritos
Romaine Salad
Cherry Tomatoes
Fruit Mik

27
POTATO BAR
Baked Potato or French Fry
Top w/ Cheese, bacon, chili
Apple Pocket
Mixed Salad
Fruit Milk

30
Panther Burger Or
Hot Dog Sandwich
French Fries
Slice Tomato/Lettuce
Fruit Milk

