

September 2018



Lunch All meals served with milk: 1% White, Fat Free Chocolate

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 NO SCHOOL	4 Chicken Strips Mash. Potatoes Gravy / Roll Steamed Peas Diced Pears	5 Chicken Sandwich French Fries Steamed Corn Fresh Grapes	6 Chili Topping Corn Chips / Ch. Tossed Salad Cucumber Slices Pineapple Bits	7 Mini Corn Dogs Potato Wedges Baby Carrots Apple Crisp	8
9 	10 Burrito Meat Tortilla Shell Refried Beans Steamed Corn Applesauce	11 Pork Pattie Mash. Potatoes Gravy / Roll Green Beans Diced Peaches	12 McRib Sandwich Tater Tots Steam. Broccoli Apple Wedges	13 Fiestada Pizza Tossed Salad Cherry Tomatoes Mixed Fruit	14 Chicken Nuggets / Roll French Fries Steamed Carrots Mand. Oranges	15
16	17 Chicken and Noodles / Roll Mash. Potatoes Steam. Broccoli Diced Pears	18 Hot Dog Baked Beans Tater Tots Brownie Fresh Grapes	19 Biscuit and Gravy / Yogurt Eggs / Veg. Juice Tri-Tater Pineapple Bits	20 Breadsticks w/Cheese Tossed Salad Cucumber Slices Diced Peaches	21 Sloppy Jo Sandwich French Fries Baby Carrots Applesauce	22
23	24 Chicken Fry Steak / Gravy Mash. Potatoes Roll / St. Carrots Mixed Fruit	25 Taco and Cheese Burrito Refried Beans Steamed Corn Mand. Oranges	26 BBQ Chicken Drummies / Roll French Fries Steamed Peas Apple Wedges	27 Eagle Nacho Dip / Chips Tossed Salad Cherry Tomatoes Diced Pears	28 Chili Crispitos Steam. Broccoli Green Beans Diced Peaches	29
30						

The National School Lunch Program Guidelines require we offer each student 5 Food Components:

1. Meat/Meat Alternate (Proteins)
2. Grains
3. Vegetables
4. Fruits
5. Milk

Students are allowed to accept only 3 of the 5 required food components, one of which has to be a fruit or vegetable. We encourage every student to take all the foods that are offered!

This Institution is an Equal Opportunity Provider

Any food item followed by an * may contain Peanut Butter

Menu subject to change without notice