

September 2022- Lunch Menu

Students Must Take ½ Cup Of Fruit Plus 2 Other Items Of Their Choice

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Milk With Every Meal	Menu Subject To Change	On Thursday and Friday, High School Students (9th-12th) will have the option to take either the main meal served for the day, or Salad Bar freshly prepared daily. Mixed Salad, Spinach, Cucumber, Broccoli, Cheese Cup, Diced Ham, Shredded Carrots, Boiled Egg, Crouton, Ranch		1 Pepperoni Pizza, Corn, Baby Carrots, Pineapple, Orange Ranch, Jalapenos	2 Ham and Cheese Sandwich, Iceberg Lettuce, Sliced Tomato, Cucumber, Kiwis, Pear, Sun Chips, Mustard	3
4	5 <u>No School</u>	6 Chicken Fajitas, Soft Tortilla, Shredded Lettuce, Diced Tomato, Celery Stick, Cheese Cup, Orange, Peaches, Salsa	7 Spaghetti with Meat, Roll, Green Beans, Baby Carrots, Cheese Cup, Red Apple	8 Hamburger, Iceberg Lettuce, Sliced Tomato, Broccoli, Mixed Fruit, Applesauce, Red Onion only for (9 th -12 th), Lays Chips, Mustard, Ketchup	9 Cheese Pull Apart, Potato Salad, Cucumber, Strawberries, Pineapple, Hot Cheetos	10
11	12 Chicken Strips, Baked Fries, Orange, Celery Stick, Pear, BBQ Sauce, Ketchup	13 Frito Boat, Mixed Salad, Baby Carrots, Cheese Cup, Red Apple, Frito Chips	14 Chicken Drumstick, Mashed Potatoes, Gravy, Roll, Corn, Green Beans, Peaches, Pineapple	15 Ground Beef Soft Taco, Shredded Lettuce, Diced Tomato, Celery Stick, Pear, Kiwis, Sour Cream, Salsa, Cheese Cup	16 Tuna Sandwich, Iceberg Lettuce, Sliced Tomato, Baby Carrots, Avocado (9 th -12 th) only, Hot Cheetos, Red Apple	17
18	19 Bean and Cheese Burrito, Mexican Rice, Salsa, Corn, Peaches, Mixed Fruit	20 Calzone Turkey Pepperoni and Cheese, Potato Salad, Applesauce, Celery Stick, Orange, Doritos	21 Orange Chicken, Steamed Rice, Broccoli, Roll, Corn, Red Apple	22 Cheeseburger, Iceberg Lettuce, Sliced Tomato, Jicama Sticks, Orange, Pineapple, Ketchup, Mustard	23 Chicken Strips, Roll, Apple Slices, Macaroni Salad, Cucumber, Peaches, BBQ Sauce, Ketchup, Sun Chips	24
25	26 Baked Potato Bar (6 th -12 th) only, Grilled Cheese Sandwich (PS-5 th), Roll, Cheese Cup, Bacon, Sour Cream, Baby Carrots, Broccoli, Green Apple, Mixed Fruit	27 Pepperoni Pizza, Mixed Salad, Celery Stick, Pineapple, Orange, Ranch, Jalapenos	28 Beef Stew, Roll, Saltines, Baby Carrots, Red Apple	29 Green Chicken Tamales, Rice, Broccoli, Jicama Stick, Peaches, Mixed Fruit	30 Turkey Ham Sandwich, Iceberg Lettuce, Sliced Tomato, Broccoli, Strawberries, Kiwis, Doritos, Mustard	