

September 2023- 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 Thursdays and Fridays, High School students (9th-12th) will have the option to take either the main meal serve for the day, or Salad Bar freshly prepared daily. Mixed Salad, Spinach, Cucumber, Broccoli, Cheese Cup, Diced Ham, Shredded Carrots, Boiled Egg, Garbanzo Beans, Croutons, Ranch			1 Cheeseburger Slider, Shredded Lettuce, Sliced Tomato, Celery Stick, Orange, Grapes, Ketchup, Mustard, Potato Chips	2
3	4 <u>No School</u>	5 Chicken Strips, Baked Fries, Baby Carrots, Apple Juice, Peaches, BBQ Sauce, Ketchup	6 Spaghetti with Meat, Roll, Green Beans, Cheese Cup, Celery Stick, Red Apple, Fresh Kiwis	7 Hamburger, Iceberg Lettuce, Sliced Tomato, Cucumber, Fresh Orange, Fresh Grapes, Ketchup, Mustard, Doritos	8 Red Chicken Tamales, Mexican Rice, Shredded Lettuce, Diced Tomato, Baby Carrots, Salsa, Fresh Pear, Mixed Fruit	9
10	11 Pepperoni Pizza, Corn on the Cob, Celery Stick, Peaches, Applesauce, Green Jalapenos, Ranch	12 Chicken Fajitas, Soft Tortilla, Shredded Lettuce, Diced Tomato, Broccoli, Pineapple, Orange Juice, Salsa	13 Frito Boat, Cheese Cup, Mixed Salad, Baby Carrots, Fresh Kiwis, Fresh Orange, Frito Chips	14 Chicken Sandwich, Iceberg Lettuce, Sliced Tomato, Cucumber, Peaches, Mixed Fruit, Ketchup, Mustard, Funyuns	15 Ham and Cheese Sandwich, Iceberg Lettuce, Sliced Tomato, Celery Stick, Pear, Apple Slices, Mustard, Mini Chocolate Chips Cookies	16
17	18 Chicken Wings, Corn on the Cob, Roll, Baby Carrots, Red Apple, Pineapple, Ranch	19 Cheese Pull Apart, Potato Salad, Broccoli, Orange, Strawberries, Marinara Sauce	20 Ground Beef Soft Taco, Shredded Lettuce, Diced Tomato, Celery Stick, Cheese Cup, Apple Juice, Diced Pears, Salsa, Sour Cream, (9 th -12 th) only	21 Baked Potato Bar (6 th -12 th), Chicken Nuggets (PS-5 th), Cheese Cup, Bacon, Green Onions, Sour Cream, Corn on the Cob, Baby Carrots, Red Apple, Kiwis	22 Cheeseburger, Iceberg Lettuce, Sliced Tomato, Jicama Sticks, Orange, Strawberries, Ketchup, Mustard, Hot Cheetos	23
24	25 Chicken Strips, Potato Salad, Celery Stick, Baby Carrots, Pineapple, Peach, Ketchup, BBQ Sauce, Doritos	26 Bean and Cheese Burrito, Mexican Rice, Celery Stick, Corn on the Cob, Pears, Applesauce, Vanilla Pudding	27 Baked Chicken, Roll, Green Beans, Mashed Potato, Gravy, Fresh Orange, Apple Juice	28 Pozole with Pork Meat, Shredded Cabbage, Red Radish, Lemon, Jicama Sticks, Corn Tortilla Chips, Orange, Mixed Fruit	29 Tuna Sandwich, Iceberg Lettuce, Sliced Tomato, Celery Stick, Strawberries, Green Apple, Mustard, Doritos, Avocado (9 th -12 th) only	30 