

# School Food is Cool Food!

## September Lunch Menu \*Meals Subject to Change



					Weekly Average
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4 Labor Day District Closed	5 <b>Munchable Lunch</b> String Cheese Yogurt Dinner Roll Fruit Carrot Coins Celery Sticks	6 <b>Choice A</b> Hamburger on MG Bun Tator Tots Carrots Coins Apple Slices  <b>Choice B</b> Veggie Burger on MG Bun Tator Tots Carrot Coins Apple Slices	7 WG Cheese Quesadilla Salsa Carrot Sticks Chilled Fruit	8 Turkey & Cheese Sandwich Zucchini Coins Cherry Tomatoes Chilled Fruit Milk  No Vegetarian Menu	
11 <b>Choice A</b> Hot Dog on MG Bun Tator Tots Celery Sticks Fruit  <b>Choice B</b> Grilled Cheese Tator Tots Celery Sticks Fruit	12 Cheese Pizza Carrots Coins Cucumbers Slices Diced Peaches	13 <b>Choice A</b> Chicken Nuggets WG Pretzel Stick Orange Wedges Romaine Salad w/ Tomatoes  <b>Choice B</b> String Cheese & Crackers Orange Wedges Romaine Salad w/ Tomatoes	14 <b>Choice A</b> Soft Shell Taco Beef, Shredded Cheese Black Bean Salsa Apple Slices Giant Goldfish Cracker  <b>Choice B</b> Bean & Cheese Burrito Black Bean Salsa Carrot Sticks Apple Slices Giant Goldfish Cracker	15 <b>Munchable Lunch</b> String Cheese Yogurt Dinner Roll Grapes Carrot Coins Celery Sticks Milk  No Vegetarian Menu	<u>Calories</u> 586.48  <u>Saturated Fat</u> 8.00%  <u>Sodium</u> 966.95 mg
18  <b>Choice A</b> Mini Corn Dogs Tator Tots Chilled Fruit Fresh Broccoli  <b>Choice B</b> Pancakes Veggie Sausage Patty Tator Tots Chilled Fruit Fresh Broccoli	19 Cheese Pizza Celery Sticks Cherry Tomatoes Pineapple Tidbits	20 Pizza Dippers w/ Marinara Apple Slices Bean Salad	21  <b>Choice A</b> Shells w/ Meat sauce Fresh Pear Romaine Salad <b>Happy Birthday Cupcake</b>  <b>Choice B</b> Shells w/ Marinara Shredded Mozzarella Fresh Pear Romaine Salad <b>Happy Birthday Cupcake</b>	22  *Ham & Cheese Sandwich Zucchini Coins Carrot Coins Chilled Fruit  No Vegetarian Menu	<u>Calories</u> 587.29  <u>Saturated Fat</u> 9.00%  <u>Sodium</u> 906.59mg
25 <b>Choice A</b> Ravioli Celery Sticks Cherry Tomatoes Diced Pears WG Pretzel Stick  <b>Choice B</b> Mini Cheese Pizza Bagels Celery Sticks Cherry Tomatoes Diced Pears	26 <b>Choice A</b> Hamburger on MG Bun Tator Tots Carrot Coins Apple Slices  <b>Choice B</b> Veggie Burger on MG Bun Tator Tots Carrot Coins Apple Slices	27 <b>Choice A</b> Chicken Nuggets Corn Bean Salad Orange Wedges  <b>Choice B</b> Grilled Cheese Tator Tots Bean Salad Orange Wedges	28 <b>Choice A</b> Chicken Teriyaki over Rice Broccoli & Carrots Grapes Giant Goldfish Cracker  <b>Choice B</b> Sunbutter Sandwich Broccoli & Carrots Grapes Giant Goldfish Cracker	29 Turkey & Cheese Sandwich Carrots Sticks Zucchini Coins Chilled Fruit  No Vegetarian Menu	<u>Calories</u> 595.34  <u>Saturated Fat</u> 9.00%  <u>Sodium</u> 938.34 mg
Skim White, Skim Chocolate, and 1% White Milk available daily.	A variety of low-fat or fat-free condiments (ranch, French, mustard, ketchup, BBQ, honey mustard) are available daily.	All breads, tortillas, pancakes, pastas etc. are whole grain rich.	*Contains Pork ++Contains Sesame		