



September Lunch Menu

Menú de Almuerzo de Septiembre

Mon/ lunes	Tue/ martes	Wed/miercoles	Thurs/ jueves	Fri / viernes
		1 Chicken Nuggets & Mash Tuscan White Bean Salad Banana 1% or Fat Free Milk	2 BBQ Meatballs w/Potato Wedges & Dinner Roll Baby Carrots Orange 1% or Fat Free Milk	3 Chicken Enchilada Red Sauce Green Salad w/ Ranch 100% Fruit Juice 1% or Fat Free Milk
6 No School <i>Happy Labor Day</i>	7 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% or Fat Free Milk	8 Chicken Nuggets & Mash Pinto Bean Salad Banana 1% or Fat Free Milk	9 Baked Ziti w/ Meat Sauce Baby Carrots Orange 1% or Fat Free Milk	10 Soybutter & Jelly Sandwich House Salad w/ Italian 100% Fruit Juice 1% or Fat Free Milk
13 Chicken Patty Burger w/ Oven Baked Fries Apple 1% or Fat Free Milk	14 Cheese Lasagna w/ Tomato Basil Sauce Baby Carrots 100% Fruit Juice 1% or Fat Free Milk	15 Chicken Nuggets & Mash Jicama & Bean Salad w/ Tajin Banana 1% or Fat Free Milk	16 Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges Baby Carrots Orange 1% or Fat Free Milk	17 Mac & Cheese w/ Whole Grain Dessert Kale & Green Apple Salad w/ Ranch 100% Juice 1% or Fat Free Milk
20 Cheeseburger w/ Oven Baked Fries Apple 1% or Fat Free Milk	21 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% or Fat Free Milk	22 Chicken Nuggets & Mash Sweet Edamame Salad Banana 1% or Fat Free Milk	23 Spaghetti & Meatballs Baby Carrots Orange 1% or Fat Free Milk	24 Hamburger w/ BBQ Popped Chips Lettuce, Tomato, Pickle Kit 100% Juice 1% or Fat Free Milk
27 Beef Hotdog w/ Oven Baked Fries Apple 1% or Fat Free Milk	28 Chicken Tamale w/ Mixed Vegetables Baby Carrots 100% Fruit Juice 1% or Fat Free Milk	29 Chicken Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie Tuscan Bean Salad Banana 1% or Fat Free Milk	30 BBQ Meatballs w/Potato Wedges & Dinner Roll Baby Carrots Orange 1% or Fat Free Milk	

