

Lunch Menu 9-12

September 2020



Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich of the Day Club Sandwich *Contains Pork* Baby Carrots	Wowbutter Sandwich Fruitable Juice	Turkey & Cheese Sandwich Cucumber Slices	Deli Chicken & Cheese Sandwich Jicama Sticks	Tuna Sandwich Celery Sticks
Entrée of the Day				
31 Breaded Chicken Patty Burger Oven Baked Fries Ketchup	1 Beef Nachos Tortilla Chips	2 Teriyaki Chicken Brown Rice & Broccoli Whole Grain Cookie	3 Chicken Tamale Peas & Carrots	4 Baked Ziti w/ Meat Sauce Baked Chips
7 Holiday Labor Day	8 Spaghetti w/ Meat Sauce Cheese Puffs	9 Cheeseburger Oven Baked Fries Ketchup	10 Chicken Alfredo w/ Broccoli Mini Banana Muffin	11 Chicken Burrito Bowl w/ Brown Rice, Beans & Corn
14 Cheese Tamale Peas & Carrots	15 Grilled Chicken Sandwich Oven Baked Fries Thousand Island Dressing	16 Turkey Chili Popped Corn Chips	17 Roasted Chicken Leg Mac & Cheese Carrot Coins Whole Grain Cookie	18 Sweet & Sour Chicken Brown Rice & Broccoli
21 Hamburger Lettuce, Tomatoes, Pickles Ketchup	22 Beef Enchilada Casserole w/ Beans & Corn	23 Breakfast 4 Lunch: French Toast Stix, Turkey Sausage & Tots Syrup Mini Loaf	24 Chicken Burrito Salsa Cup	25 Chicken Nuggets Oven Baked Fries Goldfish Crackers
28 Breaded Chicken Patty Burger Oven Baked Fries Ketchup	29 Beef Nachos Popped Corn Chips	30 Teriyaki Chicken Brown Rice & Broccoli Whole Grain Cookie	1 Chicken Tamale Peas & Carrots	2 Baked Ziti w/ Meat Sauce Baked Chips
Fruit of the Day Apple Sauce	100% Fruit Juice	Apple or Pear	Banana	Orange

MENU SUBJECT TO CHANGE WITHOUT NOTICE

This institution is an equal opportunity provider.

All entrées offered with choice of fat free chocolate, 1% white milk, or fat free white milk.

Vegetarian Lunch Menu 9-12



September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich of the Day				
Double Cheese Sandwich <i>Baby Carrots</i>	Wowbutter Sandwich <i>Fruitable Juice</i>	Double Cheese Sandwich <i>Cucumber Slices</i>	Double Cheese Sandwich <i>Jicama Sticks</i>	Tuna Sandwich <i>Celery Sticks</i>
Entrée of the Day				
31 Vegetarian Burger Oven Baked Fries Ketchup	1 Cheese Nachos Popped Corn Chips	2 Plant-based Teriyaki "Chicken" Brown Rice & Broccoli <i>Whole Grain Cookie</i>	3 Cheese Tamale Peas & Carrots	4 Cheesy Baked Ziti w/ Marinara Sauce <i>Baked Chips</i>
7 <i>Holiday Labor Day</i>	8 Cheesy Spaghetti w/ Marinara Sauce <i>Cheese Puffs</i>	9 Vegetarian Cheese Burger Oven Baked Fries <i>Ketchup</i>	10 Plant-based "Chicken" Alfredo w/ Broccoli <i>Mini Banana Muffin</i>	11 Vegetarian Burrito Bowl w/ Brown Rice, Beans & Corn
14 Cheese Tamale Peas & Carrots	15 Vegetarian Burger Oven Baked Fries <i>Ketchup</i>	16 Bean & Cheese Chili Popped Corn Chips	17 Plant-Based "Chicken" Tenders Mac & Cheese Carrot Coins <i>Whole Grain Cookie</i>	18 Sweet & Sour Plant-Based "Chicken" Brown Rice & Broccoli
21 Vegetarian Burger Lettuce, Tomatoes, Pickles <i>Ketchup</i>	22 Cheese & Bean Enchilada Casserole w/ Beans & Corn	23 <i>Breakfast 4 Lunch: French Toast Stix, Plant-based "Chicken" Tenders & Tots, Syrup Mini Loaf</i>	24 Bean & Cheese Burrito Salsa Cup	25 Plant-based "Chicken" Tenders Oven Baked Fries <i>Goldfish Crackers</i>
28 Vegetarian Burger Oven Baked Fries Ketchup	29 Cheese Nachos Popped Corn Chips	30 Plant-based Teriyaki "Chicken" Brown Rice & Broccoli <i>Whole Grain Cookie</i>	1 Cheese Tamale Peas & Carrots	2 Cheesy Baked Ziti w/ Marinara Sauce <i>Baked Chips</i>
Fruit of the Day				
Apple Sauce	100% Fruit Juice	Apple or Pear	Banana	Orange

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