

SEPTEMBER 2024

LUNCH



School Information:
*****WELCOME BACK*****

PB & J everyday!
Fresh salad bar available to 2nd – 12th grades



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Labor Day

2

TUESDAY

Blueberry yogurt
parfaits w/ granola
Raw veggies

3

WEDNESDAY

Pepperoni cracker
stacker
Raw veggies
Bananas

4

THURSDAY

Ham Sandwich
Raw veggies
Apple

5

FRIDAY

Pepperoni pizza
Alt: cheese pizza
Caesar salad
Fruit

6

Corndogs
Alt: cracker stacker
Tator tots & baked beans
Fruit

9

Beef nachos
Alt: cheese nachos
Corn
Fruit

10

Mac & cheese
Alt: yogurt meal
Broccoli
Fruit

11

Chicken Caesar Wrap
Alt: Grilled Cheese
Caesar Salad
Fruit

12

Buffalo chix pizza
Alt: cheese pizza
Raw veggies
Fruit

13

Chicken Nuggets
Alt: cracker stacker
Fries & baked beans
Fruit

16

Chicken quesadillas
Alt: cheese ques
Corn, black beans
Fruit

17

Chop Suey
Alt: yogurt meal
Green beans
Fruit

18

Grilled Cheese w/ Bacon
Alt: Grilled Cheese
Tomato Soup, veggies
Fruit

19

Meat pizza
Alt: Cheese pizza
Caesar salad
Fruit

20

Cheeseburger
Alt: Burgers
Tator tots & baked beans
Fruit

23

Beef tacos
Alt: Cheese tacos
Corn, L & T, beans
Fruit

24

Chicken alfredo bake
Alt: cracker stacker
Broccoli
Fruit

25

Bosco sticks & soup
Alt: Ham & cheese
sandwich
Green Beans
Fruit

26

Pulled pork pizza
Alt: Cheese pizza
Caesar salad
Fruit

27

Chicken Tenders
Alt: cracker stacker
Fries & baked beans
Fruit

30

