

# SEPTEMBER 2022

## Vinalhaven

### LUNCH



**School Information:** First Day of School: 9/6

\*\*\*PB&J is always an option!\*\*\*



**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.



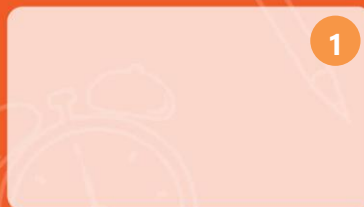
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Labor Day**

5

Chicken Nuggets  
Alt: Grilled Cheese  
Baked beans, fries  
Fruit

6

Chicken Quesadilla  
Alt: Cheese Quesadilla  
Corn, black beans  
Fruit

7

Meatball Subs  
Alt: Grilled Cheese  
Caesar salad  
Fruit

8

Pepperoni Pizza  
Alt: Cheese Pizza  
Raw veggies  
Fruit

9

Cheeseburgers  
Alt: Grilled Cheese  
Fries, baked beans  
Fruit

12

Chicken Tacos  
Alt: Ham Cracker Stacker  
Corn, blacked beans  
Fruit

13

Chop Suey  
Alt: Grilled Cheese  
Green beans  
Fruit

14

Ham Italians  
Alt: Yogurt Meal  
Peppers, onions, raw veggies  
Fruit

15

Veggie Pizza  
Alt: Cheese Pizza  
Caesar salad  
Fruit

16

Chicken Burgers  
Alt: Grilled Cheese  
Baked beans  
Fruit

19

Beef Nachos  
Alt: Cheese Nachos  
Corn, beans, salsa, sour cream  
Fruit

20

Breakfast Sandwiches  
Alt: Grilled Cheese  
Hash browns  
Fruit

21

Turkey BLTs  
Alt: Yogurt Meal  
Raw veggies  
Fruit

22

Meat Lovers Pizza  
Alt: Cheese Pizza  
Caesar salad  
Fruit

23

Beans and Hotdogs  
Alt: Grilled Cheese  
Fries  
Fruit

26

Mac n Cheese  
Alt: Ham & Cheese Sandwich  
Peas  
Fruit

27

Mozzarella Sticks w. Soup  
Alt: Grilled Cheese  
Caesar salad  
Fruit

28

Pulled Pork Sandwich  
Alt: Yogurt Meal  
Green beans  
Fruit

29

Hawaiian Pizza  
Alt: Cheese Pizza  
Caesar salad  
Fruit

30