

September 2023

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Deep Dish Pepperoni Pizza Deep Dish Cheese Pizza Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Orange (1/2 C)
4	5 Wowbutter & Jelly Sandwich w/ Baby Carrots Chicken Bites w/ Roasted Potatoes Baby Carrots (1/2 C) Orange (1/2 C)	6 Cheese Pizza Kit Chicken Tamale w/ Seasoned Corn Celery Sticks (1/4 C) Banana (1/2 C)	7 Bean & Cheese Pupusa w/ Pinto Beans Turkey Nachos w/ Refried Beans Jicama Slices (1/4 C) Apple (1/2 C)	8 Deep Dish Pepperoni Pizza Deep Dish Cheese Pizza Hamburger Lettuce Tomato Pickle Kit (1 C) Orange (1/2 C)
11 Cheeseburger w/ Oven Baked Fries Cheese Melt Sandwich w/ Oven Baked Fries Baby Carrots (1/4 C) 100% Fruit Juice 4 oz	12 Wowbutter & Jelly Sandwich w/ Baby Carrots Chicken Teriyaki w/ Rice & Diced Carrots Baby Carrots (1/2 C) Orange (1/2 C)	13 Cheese Pizza Kit Breakfast for Lunch: Pancakes, Eggs & Roasted Potatoes Celery Sticks (1/4 C) Banana (1/2 C)	14 Bean & Cheese Pupusa w/ Pinto Beans Turkey Nachos w/ Refried Beans Cucumber Slices (1/4 C) w/ Tajin Apple (1/2 C)	15 Deep Dish Pepperoni Pizza Deep Dish Cheese Pizza Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Orange (1/2 C)
18 Cheeseburger w/ Oven Baked Fries Crispy Chicken Sandwich w/ Oven Baked Fries Baby Carrots (1/4 C) 100% Fruit Juice 4 oz	19 Chicken Alfredo Pasta w/ Steamed Broccoli Wowbutter & Jelly Sandwich w/ Baby Carrots Baby Carrots (1/2 C) Orange (1/2 C)	20 Cheese Pizza Kit Chicken Tamale w/ Seasoned Corn Celery Sticks (1/4 C) Banana (1/2 C)	21 Turkey Nachos w/ Refried Beans Bean & Cheese Pupusa w/ Pinto Beans Jicama Slices (1/4 C) Apple (1/2 C)	22 Deep Dish Pepperoni Pizza Deep Dish Cheese Pizza Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Orange (1/2 C)
25 Cheeseburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries Baby Carrots (1/4 C) 100% Fruit Juice 4 oz	26 Wowbutter & Jelly Sandwich w/ Baby Carrots Baked Beef Ziti Baby Carrots (1/2 C) Orange (1/2 C)	27 Chicken Tamale w/ Seasoned Corn Cheese Tamale w/ Black Beans Celery Sticks (1/4 C) Banana (1/2 C)	28 Bean & Cheese Pupusa w/ Pinto Beans Turkey Nachos w/ Refried Beans Jicama Slices (1/4 C) Apple (1/2 C)	29 Deep Dish Pepperoni Pizza Deep Dish Cheese Pizza Hamburger Lettuce Tomato Pickle Kit (1 C) Orange (1/2 C)



All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. **Menus are subject to change without notice.**