



# SEPTEMBER | 2022 LUNCH MENU

## ITEMS AVAILABLE EVERY DAY

Side Salad w/ Asst Dressing  
Fresh/Canned Fruit  
Milk  
Water

### Monthly Health Tip

#### Vary your veggies!

Fall vegetables like Brussel sprouts, parsnips, and carrots add color and variety to meals.

*\*All meals are reimbursable.*

*\*All student meals are free as we participate in a program called CEP (Community Eligibility Provision).*

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Breakfast Pizza</b> <b>Fruit</b>  PB&J Sandwich	<b>2</b> <b>Corndog</b> <b>Peas</b>  PB&J Sandwich
<b>5</b> <b>HOLIDAY</b> <b>NO SCHOOL</b>	<b>6</b> <b>Chili</b> <b>Chips</b> <b>Mixed Veggies</b>  Ham & Turkey Flatbread	<b>7</b> <b>BBQ Pulled</b> <b>Pork Sandwich</b> <b>Broccoli</b>  Ham & Turkey Flatbread	<b>8</b> <b>Grilled Cheese</b> <b>Sandwich</b> <b>Tomato Soup</b>  Ham & Turkey Flatbread	<b>9</b> <b>Pizza</b> <b>Wedding Soup</b> <b>Carrots</b>  Ham & Turkey Flatbread
<b>12</b> <b>Chicken Tenders</b> <b>Baked Beans</b> <b>Dinner Roll</b>  Italian Wrap	<b>13</b> <b>BBQ Bacon Chicken</b> <b>Sandwich</b> <b>Broccoli</b>  Italian Wrap	<b>14</b> <b>Nacho Grande</b> <b>Rice</b> <b>Corn</b>  Italian Wrap	<b>15</b> <b>Omelet</b> <b>French Toast</b> <b>Bacon &amp; Fruit Cup</b>  Italian Wrap	<b>16</b> <b>Turkey Pesto</b> <b>Sandwich</b> <b>Mixed Veggies</b>  Italian Wrap
<b>19</b> <b>Chicken Nuggets</b> <b>Dinner Roll</b> <b>Broccoli</b>  Pepperoni Sandwich	<b>20</b> <b>Pasta &amp;</b> <b>Meatballs</b> <b>Green Beans</b>  Pepperoni Sandwich	<b>21</b> <b>Cheeseburger</b> <b>Baked Beans</b> <b>Corn</b>  Pepperoni Sandwich	<b>22</b> <b>Omelet</b> <b>French Toast</b> <b>Bacon &amp; Fruit Cup</b>  Pepperoni Sandwich	<b>23</b> <b>Pizza</b> <b>Wedding Soup</b> <b>Carrots</b>  Pepperoni Sandwich
<b>26</b> <b>Chicken Patty Sand</b> <b>Baked Beans</b> <b>Mixed Veggies</b>  PB&J Sandwich	<b>27</b> <b>Mac 'n Cheese</b> <b>Dinner Roll</b> <b>Broccoli</b>  PB&J Sandwich	<b>28</b> <b>Walking Taco</b> <b>Rice</b> <b>Corn</b>  PB&J Sandwich	<b>29</b> <b>Breakfast Pizza</b> <b>Fruit</b>  PB&J Sandwich	<b>30</b> <b>Corndog</b> <b>Peas</b>  PB&J Sandwich

**MENU SUBJECT TO CHANGE**