

SEPTEMBER 2021

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



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
NO SCHOOL

6

Chicken Sandwich
French Fries
Lettuce Bowl

7

**International Literacy
Day**
Burrito
Corn
Black Beans Lettuce Bowl

8

Chicken Noodles
Peas & Carrots
Broccoli Bowl w/ Ranch
Dinner Roll

9

BBQ Sandwich
Chips
Baked Beans
Carrot Sticks w/ Ranch

10

Chicken Nuggets
Mash Potatoes
Steamed Broccoli
Dinner Roll

13

Hamburger
French Fries
Lettuce/Tomato Bowl

14

Pizza
Side Salad w/ Ranch
Corn

15

Cherry Blossom Chicken
Fried Rice
Green Beans
Side Salad w/ Ranch

16

Sandwich
Chips
Baked Beans
Carrot Sticks w/ Ranch

17

Italian Breadstick
Side Salad w/ Ranch
Carrot Sticks w/ Ranch

20

Chicken Sandwich
French Fries
Lettuce Bowl

21

First Day of Fall
Taco Salad
Tortilla Chips
Lettuce Bowl
Corn

22

Ham Hot Pocket
Green Beans
Broccoli Bowl w/ Ranch

23

Cheesy Chicken
Tortilla Chips
Black Beans
Corn

24

Chicken Nuggets
Mash Potatoes
Green Beans
Dinner Roll

27

Hamburger
French Fries
Lettuce/Tomato Bowl

28

World School Milk Day
Shrimp Poppers
Cheese Grits
Baked Beans
Cookie

29

Chicken Noodles
Peas & Carrots
Broccoli Bowl w/ Ranch
Dinner Roll

30