



SEPTEMBER 2019

6th – 12th Grade

Guest Lunch: \$4.25

Menu Subject to Change

Monday



No School

2

Tuesday

Chicken Nuggets
Green Beans
Mashed Potatoes
Baked Dinner Roll
Variety of Fruits
Choice of Milk
BBQ Sauce Available

3

Wednesday

Beef & Cheese Nachos
Nacho Chips
Salsa
Refried Beans
Shredded Lettuce & Diced Tomatoes
Variety of Fruit
Choice of Milk

4

Thursday

Pepperoni or Cheese Pizza
Mixed Vegetables
Romaine Salad
Variety of Fruit
Choice of Milk

Dressing Available

5

Friday

Pulled Pork on Bun
Baked Beans
Celery Sticks
Romaine Salad
Variety of Fruit
Choice of Milk
Dressing Available

6

Baked Chicken Patty
Seasoned Green Beans
Glazed Carrots
Uncle Bens Chicken Flavored Rice
Baked Dinner Roll
Variety of Fruit
Choice of Milk

9

Spaghetti & Meatballs
Baked Squash
Italian Vegetable Mix
Grape Tomatoes
Garlic Toast
Variety of Fruit
Choice of Milk

10

Cheese Enchiladas
Spanish Rice
Refried Beans
Salsa
Romaine Salad
Variety of Fruit
Choice of Milk

11

Oven Baked Pot Roast
Baby Baker Potatoes
Country Blend Vegetables
Baked Cornbread
Variety of Fruit
Choice of Milk

12

Hamburger on Bun
Tater Tots
Baby Carrots
Lettuce/Pickles
Variety of Fruit
Choice of Milk
Mayo, Mustard & Ketchup Available

13

Chicken Rings
Sweet Potato w/Maple Seasoning
Steamed Broccoli Normandy
Variety of Fruit
Choice of Milk
BBQ Sauce & Sweet n' Sour Sauce Available

16

Hamburger
Oven Baked Fries
Lettuce/Pickles
Variety of Fruit
Choice of Milk

17

Mayo, Mustard & Ketchup Available

Pork Tamale
Spanish Rice, Refried Beans
Seasoned Corn
Romaine Salad
Variety of Fruit
Choice of Milk
Dressing Available

18

Chicken and Dumplings
Carrot Souffle
Seasoned Green Beans
Baked Dinner Roll
Romaine Salad
Variety of Fruit
Choice of Milk
Dressing Available

19

Beef Meatballs w/Gravy
Mashed Potatoes
Steamed Carrots
Baked Dinner Roll
Romaine Salad
Variety of Fruit
Choice of Milk
Dressing Available

20

Steak Fingers
Mashed Potatoes
Cream Gravy
Country Mixed Vegetables
Baked Dinner Roll
Variety of Fruit
Choice of Milk

23

Fish Nuggets
Mac n cheese
English peas
Romaine Salad
Variety of Fruit
Choice of Milk
Ketchup & Tartar Sauce Available

24

Wild Mikes Cheese Bites
Marinara Sauce
Fresh Squash
Romaine Salad
Variety of Fruit
Choice of Milk
Dressing Available

25

Chicken Gumbo
Steamed Rice
Crackers
Potato Salad
Variety of Fruit
Choice of Milk

26

Pepperoni or Cheese Pizza
Seasoned Corn
Romaine Salad
Italian Ice Cup
Variety of Fruit
Choice of Milk
Dressing Available

27



Staff Development Day

30



All students are entitled to:

- 1 Free reimbursable Breakfast: Must choose 3 items 1 **must** be Fruit or Fruit Juice
- 1 Free reimbursable Lunch: Must choose at least 3 items 1 **must** be a Fruit or Vegetable

"This establishment is an equal opportunity employer. This Program is funded by USDA"

