

September 2018
K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day-No Service	9/4 Cheese Quesadilla	9/5 Stuffed Pizza	9/6 Hamburger	9/7 BBQ Pulled Chicken
	½c Applesauce(15) ½ c Diced Carrots (20) 2oz Cheese Quesadilla [2oz MMA, 1oz G] (12) ½ c Spanish Rice(23) Milk (12) Taco Sauce	½ c Fresh Banana (15) ¾ c Green Beans (5) ¼ c Marinara(7) WG Stuffed Cheese Pizza [2oz MMA, 2oz G] (30) Milk (12)	4oz 100% Juice (15) ¾c Steamed Broccoli (5) 2oz Beef Patty on 2oz WG Bun (24) Mustard/ Ketchup Milk (12)	½ c Fresh Apple(15) ¾ c Tater Tots(20) 2oz BBQ Pulled Chicken on 2oz WG Bun (24) Milk (12)
9/10 Marinara Meatballs	9/11 Chicken Nuggets	9/12 Turkey Dinner	9/13 Chef Salad	9/14 Chicken Burrito
4oz 100% Juice (15) 2oz Meatballs with ½ c Rotini (27) ¼ c Marinara(7) ¾ c Broccoli (20) Milk(12)	½c Applesauce(15) ½ c Diced Carrots(20) 5 each WG Chicken Nuggets [2oz MMA, 1oz G (12)] BBQ/Ketchup Packet Milk(12)	½ c Fresh Banana (15) 2oz Turkey Breast with Gravy ober ¾ c Mashed Potatoes (20) 1oz WG Dinner Roll (26) Milk (12)	4oz 100% Juice (15) 1c Iceberg with ¼ Baby Carrots (9) 1.5 oz Chicken and 0.5oz Cheddar Cheese WG Sugar Cookie (35) Ranch Dressing Milk(12)	½ c Fresh Apple(15) ¾ c Mexi-Beans (18) 1.5oz Chicken Strips with 0.5oz Shredded Cheese on 10 in Tortilla (34) Milk (12)
9/17 BBQ Meatloaf	9/18 Chicken Patty Sandwich	9/19 Turkey & Cheddar Sub	9/20 Salisbury Steak	9/21 Breakfast Sandwich
4oz 100% Juice (15) 2oz Homemade Meatloaf ½c Seasoned WG Rice ¾ c Broccoli (20) Milk (12)	½c Applesauce(15) ¾ c Green Beans (5) 2oz Chicken Patty [1oz MMA; 1oz G] (30) 1oz WG bun (24)] BBQ Packet Milk (12)	½ c Fresh Banana (15) ¾ c Baby Carrot(9) 1.5oz Turkey Breast & 0.5oz Cheddar Cheese 2oz WG Sub Bun (28) Mustard/ Ranch Milk (12)	4oz 100% Juice (15) 2oz Homemade Salisbury Steak w/ Gravy over ¾ c Mashed Potatoes (20) 1oz WG Dinner Roll (14) Milk (12)	½ c Fresh Apple(15) 1.5oz Egg patty and 0.5oz American Cheese on WG Muffin (24) ¾ c Tater Tots(20) Syrup cup/ Ketchup Packet Milk (12)
9/24 Fiesta Chicken	9/25 Hot Dog	9/26 Orange Chicken Bowl	9/27 Taco Salad	9/28 Pepperoni Pizza
4oz 100% Juice (15) ¾ c Black Beans w/ Salsa (30) 2oz Seasoned Chicken ½ c Seasoned Rice (23) Milk (12)	½c Applesauce(15) ¾c Tater tots (20) Hot Dog on Bun [2oz MMA; 2oz G] (30) Mustard/ Ketchup Milk (12)	½ c Fresh Banana (15) ¾ c Green Beans(5) 2oz Chicken[1oz MMA, 1oz G] (30) 2oz Orange Sauce over ½ c WG Rice (20) Milk (12)	4oz 100% Juice (15) ½ c Romaine Lettuce ¼ c Matchstick Carrots (5) ¼ c Salsa (6) 2oz Ground Beef 1/2c Cheddar Cheese Mix WG Tortilla Chips (20) Milk (12)	½ c Fresh Apple(15) ¾ c Fresh Veggie Bag (5) WG Turkey Pepperoni Cheese Pizza [2oz MMA; 2oz G] (37) Ranch Packet Milk (12)