



### School Information:

\* Our lunch consists of a serving of Milk, Fruits, vegetables, Grains and meat/ Meat alternatives.  
 \*All students must have serving of fruits or vegetables in their plates.  
 \*All Grains served are Whole Grain Rich



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

No School

First Day of School  
 Baked Chicken Nuggets 27  
 WG Dinner Roll  
 Second option:  
 Beef Patty & WG Bun  
 Baby Carrots  
 Assorted Fresh fruit  
 Milk

WG Nacho Chips 28  
 Cheesy Ground Beef  
 Second option:  
 Beef Taco & WG Tortilla  
 Spicy Salsa & Beans & Shredded  
 Lettuce  
 Assorted Fresh fruit  
 Milk

Cheese Pizza 29  
 Second option:  
 Spicy Chicken Patty & WG Bun  
 Spinach & Cauliflower & Celery  
 Salad  
 Assorted Fresh fruit  
 Milk

No School

Labor Day  
  
 No School

Baked Chicken Popcorn 3  
 WG Dinner Roll  
 Second option:  
 WG Grilled Cheese Sandwich  
 Cherry Tomato & Colored Peppers  
 Assorted Fresh fruit  
 Milk

Beef Patty & WG Bun 4  
 Second option:  
 Cheesy Flat Bread  
 Baked Potato Wedges  
 Assorted Fresh fruit  
 Milk

Cheese Pizza 5  
 Second option:  
 Spicy Chicken Patty & WG Bun  
 Spinach & Cauliflower & Celery  
 Salad  
 Assorted Fresh fruit  
 Milk

WG Bosco Sticks 6  
 Marinara Sauce  
 Second option :  
 Beef & Cheese Burrito  
 Steamed Green Beans  
 Assorted Fresh fruit  
 Milk

Baked Chicken Thighs 9  
 WG Dinner Roll  
 Second option :  
 Turkey and Cheese Sandwich  
 Steamed Mixed Vegetables  
 Assorted Fresh fruit  
 Milk

WG Mac & Cheese 10  
 Bread Stick  
 Second Option:  
 Cheesy Garlic Bread  
 Steamed Corn  
 Assorted Fresh fruit  
 Milk

Baked Chicken Nuggets 11  
 WG Dinner Roll  
 Second option:  
 Beef Hot Dog & WG Bun  
 Cherry Tomato & Lettuce Slices  
 Assorted Fresh fruit  
 Milk

Cheese Pizza 12  
 Second option:  
 Spicy Chicken Patty & WG Bun  
 Spinach & Cauliflower & Celery  
 Salad  
 Assorted Fresh fruit  
 Milk

WG Nacho Chips 13  
 Cheesy Ground Beef  
 Second option:  
 Beef Taco & WG Tortilla  
 Spicy Salsa & Beans & Shredded  
 Lettuce  
 Assorted Fresh fruit  
 Milk

Baked Chicken Strips 16  
 WG Dinner Roll  
 Second option:  
 WG Grilled Cheese Sandwich  
 Cherry Tomato & Colored Peppers  
 Assorted Fresh fruit  
 Milk

Chicken & Cheese Taco 17  
 Second option:  
 Chicken Popcorn & WG Dinner Roll  
 Three Beans Salad  
 Assorted Fresh fruit  
 Milk

Beef Patty & WG Bun 18  
 Second option:  
 Cheesy Flat Bread  
 Baked Potato Wedges  
 Assorted Fresh fruit  
 Milk

Cheese Pizza 19  
 Second option:  
 Spicy Chicken Patty & WG Bun  
 Spinach & Cauliflower & Celery  
 Salad  
 Assorted Fresh fruit  
 Milk

No School

WG Nacho Chips 23  
 Cheesy Ground Beef  
 Second option:  
 Beef Taco & WG Tortilla  
 Spicy Salsa & Beans & Shredded  
 Lettuce  
 Assorted Fresh fruit  
 Milk

WG Garlic Flat Bread 24  
 Pizza  
 Second option:  
 Turkey and Cheese Sandwich  
 Mixed Greens Salad  
 Assorted Fresh fruit  
 Milk

Baked Chicken Tenders 25  
 WG Dinner Roll  
 Second option:  
 WG Grilled Cheese Sandwich  
 Steamed Corn  
 Assorted Fresh fruit  
 Milk

Cheese Pizza 26  
 Second option:  
 Spicy Chicken Patty & WG Bun  
 Spinach & Cauliflower &  
 Celery  
 Salad  
 Assorted Fresh fruit & Milk

Beef Patty & WG Bun 27  
 Second option:  
 Cheesy Flat Bread  
 Sliced Tomato & Lettuce  
 Assorted Fresh fruit  
 Milk



# September 2018

## LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

