

*All our meals have fresh fruits and unprocessed meat. We will not use processed meat, canned fruits or frozen fruits.  
All meat is freshly prepared.*

**September 2020- add a milk, vegetables & fruit to complete meal**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>09/01</b> Three Cheese Pizza Calzone Tossed Salad Steamed Broccoli Low Fat Milk	<b>09/02</b> Glazed Meatloaf Roll Mashed Potatoes Glazed Carrots Low Fat Milk	<b>09/03</b> BBQ Pulled Chicken Sandwich Baked Beans Steamed Broccoli Low Fat Milk	<b>09/04</b> Chicken Soft Taco's Savory Pinto Beans Shredded Lettuce & Cheese Low Fat Milk	<b>09/05</b> Cheeseburger Potato Wedges Glazed Carrots Low Fat Milk
<b>09/07</b> <b>Labor Day no school</b>	<b>09/08</b> Zesty Meat Lasagna Creamy Caesar Salad Roasted Broccoli Florets Garlic Breadstick 1% White Milk	<b>09/09</b> Crispy Beef Tacos Creamy Refried Beans Salsa Cup / Guacamole Cup Fiesta Rice 1% White Milk	<b>09/10</b> Country Fried Steak Mashed Potatoes / Green Beans Glazed Carrots / Cream Gravy Warm Roll 1% White Milk	<b>09/11</b> Mozzarella Pizza Sticks Marinara Cup House Salad / Creamy Ranch Pickle Spears / Baked Chips 1% White Milk
<b>09/14</b> Cheeseburger Sweet Potato Fries / Baby Carrots Burger Fixins Creamy Ranch / KMM 1% White Milk	<b>09/15</b> Oven Fried Chicken Breast Mashed Potatoes / Green Beans Glazed Carrots / Cream Gravy & Warm Roll 1% White Milk	<b>09/16</b> Deep Dish Pepperoni Pizza House Salad / Creamy Ranch Pickle Spears / Celery Sticks Baked Chips 1% White Milk	<b>09/17</b> Alaskan Fish Filet & Tartar Sauce Rosemary Potatoes / Ketchup Roasted Broccoli Florets Sweet Cornbread 1% White Milk	<b>09/18</b> Chicken & Cheese Nachos Savory Pinto Beans / Salsa Cup Fiesta Rice / Guacamole Cup 1% White Milk
<b>09/21</b> Country Fried Steak Sandwich Baked Onion Rings / Baby Carrots Burger Fixins Creamy Ranch / KMM 1% White Milk	<b>09/22</b> Pulled Pork Barbecue Mashed Sweet Potatoes Baked Beans / Braised Greens Sweet Cornbread 1% White Milk	<b>09/23</b> Chicken & Swiss Croissant Baked Tater Tots / Burger Fixins Broccoli Dippers Creamy Ranch / KMM 1% White Milk	<b>09/24</b> Beef & Cheese Burrito Creamy Refried Beans Salsa Cup / Guacamole Cup Fiesta Rice 1% White Milk	<b>09/25</b> Salisbury Steak & Gravy Mashed Potatoes / Green Beans Glazed Carrots / Cream Gravy Warm Roll 1% White Milk
<b>09/28</b> BBQ Pulled Pork Sandwich Potato Wedges / Cowboy Beans Mac & Cheese 1% White Milk	<b>09/29</b> Zesty Meat Lasagna Creamy Caesar Salad Roasted Broccoli Florets Garlic Breadstick 1% White Milk	<b>09/30</b> Crispy Beef Tacos Creamy Refried Beans Salsa Cup / Guacamole Cup Fiesta Rice 1% White Milk	<b>10/01</b> Country Fried Steak Mashed Potatoes / Green Beans Glazed Carrots / Cream Gravy Warm Roll 1% White Milk	<b>10/02</b> Mozzarella Pizza Sticks Marinara Cup House Salad / Creamy Ranch Pickle Spears / Baked Chips 1% White Milk

**Breakfast:**

**Choice of Breakfast Entrée** - add a milk & fruit to complete meal

Breakfast Cereal & Muffin  
Low-Fat Yogurt & Granola



**Snacks For PM**

M: Whole Grain Crackers & Sliced Cheese  
T: Whole Grain Fish Crackers & Cheddar Cheese Stick  
W: Cheese Sandwiches  
Th: Whole Grain Crackers & Mozzarella String Cheese  
F: Cheese Its & Marble Jack Cheese Stick