



September 2023 9-12 Lunch Menu

<i>Carbs listed for each item in blue font. Fresh fruits and vegetables may vary due to availability. Please check with your lunch server daily. Salad entrée option every day, served with juice and milk</i>	<i>Sides - Fruits and Vegetables listed by group and measured in cups. r = red/orange l = legume, o = other s = starchy, g = green</i>		<i>Carrot Sticks, Corn Chips or rolls, and Juice offered every day.</i>	1 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 ca=636 so=1093
4 Labor Day	5 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13 ca= 626 so=1040	6 Meatball – 7 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Craisins 28 Choc/White Milk (1c) 19/13 ca= 605 so=1105	7 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Ketchup 3 Green Beans (3/4s) 6 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca=600 so=975	8 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 ca=636 so=1093
11 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Beans (3/4l) 44 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13 ca= 650 so=1080	12 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4l) 33 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13 ca= 650 so=1091	13 WG Chicken Tenders – 3 (2m, 1wg) Roll (1wg) 13 Green Beans (3/4c) 6 Cheez Its 14 Fruit Slushy 23 Choc/White Milk (1c) 19/13 ca= 600 so=1030	14 Spaghetti & Meatballs – 7 (2m, 1/4r) 24 Roll (1wg) 30 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13 ca= 630 so=1090	15 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca= 632 so=947
18 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 WG Sport Crackers 19 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca= 634 so=1007	5 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13 ca= 626 so=1040	20 WG Chicken Nuggets - 5 (2m, 1wg) 13 Baked Fries (3/4s) 33 Fruit Slushy 23 Choc/White Milk (1c) 19/13 ca=630 so=1115	21 Beef Gyro (2m) 2 WG Pita Bread (2wg) 32 Tomatoes (1/4r) 4 Cucumbers (4) 1 Shredded Romain (1c) 2 Craisins 28 Ranch 2 Choc/White Milk (1c) 19/13 ca=603 so=1068	22 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 ca=636 so=1093
25 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Beans (3/4l) 44 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13 ca= 650 so=1080	26 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4l) 33 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13 ca= 650 so=1091	27 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Ketchup 3 Green Beans (3/4s) 6 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca=600 so=975	28 Spaghetti & Meatballs – 7 (2m, 1/4r) 24 Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13 ca= 630 so=1090	29 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca= 632 so=947

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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