



# September 2023 K-8 Lunch Menu

<p><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></p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups.</i></p> <p><i>r = red/orange l = legume, o = other s = starchy, g = green</i></p>			<p>1 WG Pizza Sticks - 2 &amp; Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13  ca=636 so=1093</p>
<p>4  Labor Day</p>	<p>5 Taco Tuesday (1/2oz) 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</p>	<p>6 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Craisins 28 Choc/White Milk (1c) 19/13  ca= 605 so=1105</p>	<p>7 WG Chicken Patty &amp; 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</p>	<p>8 WG Pizza Sticks - 2 &amp; Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13  ca=636 so=1093</p>
<p>11 Beef Hot Dog &amp; 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</p>	<p>12 Hamburger Patty &amp; 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</p>	<p>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</p>	<p>14 Spaghetti &amp; Meatballs – 6 (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</p>	<p>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</p>
<p>18 Sloppy Joe &amp; 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</p>	<p>5 Taco Tuesday (1/2oz) 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</p>	<p>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</p>	<p>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</p>	<p>22 WG Pizza Sticks - 2 &amp; Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13  ca=636 so=1093</p>
<p>25 Beef Hot Dog &amp; 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</p>	<p>26 Hamburger Patty &amp; 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</p>	<p>27 WG Chicken Patty &amp; 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</p>	<p>28 Spaghetti &amp; Meatballs – 6 (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</p>	<p>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</p>

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

**“this institution is an equal opportunity provider”**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.