



**Grades 6-8 Lunch Menu
September 2017**

| | Monday 9/4 | Tuesday 9/5 | Wednesday 9/6 | Thursday 9/7 | Friday 9/8 |
|--------------------------|------------------------------|--|--|---|---|
| Entrée – choose 1 | | * Beef Enchilada Dip with Tortilla Chips (34g) & Cornbread (29g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *BBQ Chicken on Bun (34g) | * Philly Steak & Cheese Sub (33g) *Pepperoni Pizza (35g) *Turkey Sausage & French Toast Sticks (58g) | *Nacho Burger on Bun (26g) *Turkey Divan (33g) & Breadstick (17g) *Chicken Patty on Bun (34g) | *Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili with Tortilla Chips (59g) & Cornbread (29g) |
| | LABOR DAY – NO SCHOOL | COLD ENTREE *Pasta Salad (60g) & Cornbread (29g) | COLD ENTREE **Yogurt Parfait (63-78g) & Muffin (26-28g) | COLD ENTREE **Vegetarian Sub (40g) | COLD ENTREE *Turkey Ham & Cheese Sub (31g) |
| Choose 1 or more | | *Potato of Choice (14-37g) *Green Beans (5g) | *Corn (17g) *Hot Apple Slices (20g) | *Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g) | *Steamed Broccoli (2g) |

WEEK 3

| | Monday 9/11 | Tuesday 9/12 | Wednesday 9/13 | Thursday 9/14 | Friday 9/15 |
|--------------------------|--|--|---|---|--|
| Entrée – choose 1 | *Taco Salad with Tortilla Chips (24g) & Cornbread (29g) *Meatball Sub (44g) *Pepperoni Pizza (35g) | *Chicken Nuggets (13g) & Breadstick (17g) *BBQ Beef Rib Panini (42g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g) | *Cheeseburger on Bun (26g) **Cheese Pizza (36g) *Chicken Fajita (39g) | *Ohio Day Entrée (TBA) **Cheese & Bean Enchilada (42g) *Buffalo Chicken Drumstick & Waffles (36g) | *Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken a la King over Rice (33g) & Breadstick (17g) |
| | COLD ENTREE *Vegetarian Salad (22g) & Cornbread (29g) | COLD ENTREE *Cobb Salad (20g) & Breadstick (17g) | COLD ENTREE **Yogurt Parfait (63-78g) & Muffin (26-28g) | COLD ENTREE *Turkey & Cheese Sub (30g) | COLD ENTREE *Crispy Chicken Salad (27g) & Breadstick (17g) |
| Choose 1 or more | *Corn (17g) **Black beans (22g) | *Potato of Choice (14-37g) *Green Beans (5g) | *Steamed Cabbage (3g) | *Steamed Broccoli (2g) | *Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g) |

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 8/9/2017



| | Monday 9/18 | Tuesday 9/19 | Wednesday 9/20 | Thursday 9/21 | Friday 9/22 |
|--------------------------|--|--|---|---|------------------|
| Entrée – choose 1 | *Chicken Patty on Bun (34g) *Turkey Sausage Pizza (36g) *Sloppy Joe on Bun (36g) | *Philly Steak & Cheese Sub (33g) *Buffalo Chicken Grab Wraps (40g) *Lasagna (34g) & Breadstick (17g) | *Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Chili Cheese Coney (31g) | *Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Burger (40g) or Cheeseburger on Bun (27g) | |
| | COLD ENTREES **Vegetarian Sub (40g) | COLD ENTREES **Vegetarian Salad (22g) & Breadstick (17g) | COLD ENTREES **Yogurt Parfait (63-78g) & Muffin (26-28g) | COLD ENTREES *Pasta Salad (60g) & Breadstick (17g) | NO SCHOOL |
| Choose 1 or more | *Collard Greens (4g) | *Steamed Broccoli (2g) **Garbanzo beans (20g) | *Corn (17g) *Hot Apple Slices (20g) | *Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g) | |

WEEK 1

| | Monday 9/25 | Tuesday 9/26 | Wednesday 9/27 | Thursday 9/28 | Friday 9/29 |
|--------------------------|--|--|--|--|--|
| Entrée – choose 1 | *Chicken Drumstick & Waffle (37g) *Turkey Sausage & Pepperoni Pizza (36g) *Fiesta Nachos (36g) | *Salisbury Steak Ciabatta (39g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g) | *Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (24g) & Cornbread (29g) | *Cheeseburger on Bun (26g) *Orange Chicken over Rice (77g) **Toasted Cheese Sandwich (32g) | *Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cheese and Chicken Burrito (54g) |
| | COLD ENTREES **Vegetarian Salad (22g) & Muffin (26-28g) | COLD ENTREES *Chicken Salad Wrap (39g) | COLD ENTREES **Yogurt Parfait (63-78g) & Muffin (26-28g) | COLD ENTREES *Italian Salad (10g) & Breadstick (17g) | COLD ENTREES *Chef Salad (25g) & Breadstick (17g) |
| Choose 1 or more | *Green Beans (5g) **Black beans (22g) | *Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g) | *Corn (17g) | **Potato of Choice (14-37g) *Steamed Broccoli (2g) | *Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g) *Hot Peach Slices (28g) |

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 8/9/2017