


Schools with Grades 6-8 Menu Sept/October 2019



	Monday 9/30	Tuesday 10/1	Lean & Green Wed 10/2	Thursday 10/3	Friday 10/4
Entrée – choose 1	*Philly Steak & Cheese Sub (34g) *Fiestada Pizza (43g) *Turkey Sausage & French Toast Sticks (58g)	**Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g)	**Veggie Pasta Bake (41g) & Breadstick (17g) **Blazin’ Buffalo Wrap (51g) **Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	*Hamburger on Bun (26g) *Turkey Divan (35g) & Cornbread (29g) *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Fiesta Nachos (37g)
	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES *Turkey & Cheese Wrap (34g)	COLD ENTREES **Egg Salad on Croissant (32g)	COLD ENTREES **Veg Out Sub (43g)	COLD ENTREES *Chef Salad (16g) & Cornbread (29g)
Choose 1 or more	*Corn (17g)	*Potato of Choice (14-23g) *Collard Greens (4g)	*Hot Apple Slices (22g)	*Potato of Choice (14-23g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g) **Black beans (22g)

WEEK 3

	Monday 10/7	Tuesday 10/8	Lean & Green Wed 10/9	Thursday 10/10	Friday 10/11
Entrée – choose 1	*Cheeseburger on Bun (27g) *Pepperoni Pizza (44g) *Sloppy Joe on Bun (36g)	*Chicken Boneless Wings (15g) & Breadstick (17g) *BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)	**Cheese Pizza (35g) **Pro Bean Chili (33g) & 2 Cornbread (58g) **Veggie Power Burger on Bun with BBQ (44g) or with Cheese (40g)	 Cheese Calzone (33g) *Chicken Drumstick & Waffle (34g) *Spaghetti with Meat Sauce (33g) & Breadstick (17g)	*Hamburger on Bun (26g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Chicken Fajita (39g)
	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES *Cobb Salad (12g) & Breadstick (17g)	COLD ENTREES **Yogurt, Cheese Stick, Craisins (42-43g) & Grahams (38g)	COLD ENTREES *Turkey & Cheese Sub (29g)	COLD ENTREES *Crispy Chicken Salad (27g) & Breadstick (17g)
Choose 1 or more	*Steamed Cabbage (3g) **Black beans (22g)	*Potato of Choice (14-23g) *Green Beans (5g)	*Corn (17g) *Hot Peach Slices (28g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – (5g) zucchini, carrot, cauliflower, Italian green bean & lima bean

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, employer, and lender. Revised 8/23/2019

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	Monday 10/14	Tuesday 10/15	Lean & Green Wed 10/16	Thursday 10/17	Friday 10/18
Entrée – choose 1	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (44g) *Turkey & Cheese Melt (32g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *Lasagna (34g) & Breadstick (17g)	**Two Cheese Twisted Stix (38g) **Spicy Noodle Bowl (55-61g) & Cornbread (29g) **Cheese & Bean Enchilada (42g)	*Hot Italian Sub (31g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Power Burger (39g) or Cheeseburger on Bun (27g)	
	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES **Veg Out Sub (38g)	COLD ENTREES **Egg Salad on Croissant (32g)	COLD ENTREES **Citrus Salad (42g) & Breadstick (17g)	NO SCHOOL
Choose 1 or more	*Corn (17g)	*Steamed Broccoli (2g) **Garbanzo beans (20g)	*Tomato Soup (15g) and Saltines (19g) *Hot Apple Slices (22g)	*Potato of Choice (14-23g) *Collard Greens (4g)	

WEEK 1

	Monday 10/21	Tuesday 10/22	Lean & Green Wed 10/23	Thursday 10/24	Friday 10/25
Entrée – choose 1	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (44g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)		*Cheeseburger on Bun (27g) *Chicken and Noodles (33g) & Cornbread (29g) **Toasted Cheese Sandwich (34g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Cheese & Chicken Burrito (53g)
	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES *Turkey Salad on Croissant (37g)	NO SCHOOL	COLD ENTREES *Italian Salad (9g) & Breadstick (17g)	COLD ENTREES *Chef Salad (15g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black beans (22g)	*Mashed Potatoes/Gravy (23g) *Brussels Sprouts (7g)		**Potato of Choice (14-23g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)

WEEK 2

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