




September 2018

	Monday 9/3	Tuesday 9/4	Wednesday 9/5	Thursday 9/6	Friday 9/7
Entrée – choose 1		**Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g)	*Philly Steak & Cheese Sub (33g) *Fiestada Pizza (43g) *Turkey Sausage & French Toast Sticks (58g)	*Hamburger on Bun (25g) *Turkey Divan (33g) & Cornbread (29g) *Hot & Spicy Chicken Drumstick & Waffle (35g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Fiesta Nachos (36g)
	LABOR DAY NO SCHOOL	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
		*Turkey & Cheese Wrap (35g)	**Yogurt Parfait (72-91g) & Muffin (26-28g)	**Veg Out Sub (40g)	*Chef Salad (17g) & Cornbread (29g)
Choose 1 or more		*Potato of Choice (14-37g) *Collard Greens (4g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g) *Garbanzo Beans (20g)

WEEK 3

	Lean & Green Monday 9/10	Tuesday 9/11	Wednesday 9/12	Thursday 9/13	Friday 9/14
Entrée – choose 1	**Baja Bean Fajita (60g) **Two Bean Chili (39g) & 2 Cornbread (58g) **BBQ Burger on Bun (44g)	*Chicken Nuggets (15g) & Breadstick (17g) *BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)	*Cheeseburger on Bun (26g) *Pepperoni Pizza (35g) *Sloppy Joe on Bun (36g)	 *Ohio Day Meatball Sub (39g) **Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken Fajita (39g)
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
	**Sun Butter Grab-n-Go (71-77g)	*Cobb Salad (12g) & Breadstick (17g)	**Yogurt Parfait (72-91g) & Muffin (26-28g)	*Turkey & Cheese Sub (29g)	*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, seafood or nut products are offered. Menu subject to change. This institution is an equal opportunity provider. Revised 9/14/2018



**Grades K-8 Lunch Menu
September 2018**

	Lean & Green Monday 9/17	Tuesday 9/18	Wednesday 9/19	Thursday 9/20	Friday 9/21
Entrée – choose 1	**Toasted Cheese Sandwich (32g) **Amazing Lo Mein (67g) & Cornbread (29g) **Cheese & Bean Enchilada (42g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *Lasagna (34g) & Breadstick (17g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Turkey & Cheese Melt (31g)	*Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (57g) **Veggie Burger (39g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili Cheese Coney (31g)
	COLD ENTREES **Egg Salad on Croissant (32g)	COLD ENTREES **Super Garden Salad (22g) & Breadstick (17g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Egg Combo (34-59g)	COLD ENTREES *Cobb Salad (12g) & Cornbread (29g)
Choose 1 or more	*Steamed Broccoli (2g) *Tomato Soup (15g) and Saltines (19g)	*Collard Greens (4g) **Garbanzo beans (20g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *Edamame Medley – edamame, corn, carrots, & red peppers (8g)	**Baked Beans (28g)

WEEK 1

	Lean & Green Monday 9/24	Tuesday 9/25	Wednesday 9/26	Thursday 9/27	Friday 9/28
Entrée – choose 1	**Fiesta Rice and Beans with Tortilla Chips (77g) **Vegetable Pinwheel (33g) **Sausage & French Toast Sticks (64g)	*Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (62g) **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cheese and Chicken Burrito (55g)
	COLD ENTREES **Sun Butter Grab-n-Go (71-77g)	COLD ENTREES *BBQ Chicken Wrap (49g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Chef Salad (17g) & Breadstick (17g)
Choose 1 or more	*Green Beans (5g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)	*Corn (17g) **Black beans (22g)	**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, seafood or nut products are offered. Menu subject to change. This institution is an equal opportunity provider. Revised 9/14/2018