

September 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday No School	3 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) carrots (1/4c) 1% milk (3/4c)	4 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	5 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)	6 Hamburger (1.5oz) on bun Pears (1/4c) cucumber (1/4c) 1% milk (3/4c)
9 grilled cheese sandwiches (2 sl wg bread & 1.5c cheese) applesauce (1/4 c) carrots (1/4 c) 1% milk (3/4 c)	10 taco salad (1oz grnd beef, ½ oz cheese, ¼ cup lettuce & cabbage) oranges (1/4 c) Slice of wheat bread 1% milk (3/4c)	11- beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/4 c)	12 Shoyu Chicken (2.25oz meat) Hapa rice (1/2 c) applesauce(1/4c) green beans (1/4c) 1% milk (3/4c)	13 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)
16 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	17 chicken nuggets (4 pieces) Hapa rice (1/2 c) pears (1/4c) Green beans (1/4c) 1% milk (3/4c)	18 salsbury steak & gravy (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	19 pork & beans (1/2c) Hapa rice (1/2c) Pears (1/4c) broccoli (1/4c) 1% milk (3/4c)	20 turkey dog (1.5oz) on bun oranges (1/4c) corn (1/4c) 1% milk (3/4c)
23 PB&J sandwiches (2sl. wg bread 1 ½ oz turkey) applesauce (1/4c) Carrots (1/4c) 1% milk (3/4c)	24 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	25 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c)	26 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	27 sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) corn (1/4 c) 1% milk (3/4 c)
30 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) cucumbers (1/4c) 1% milk (3/4c)				

This menu is subject to change based upon the availability of products.
Rice is hapa ½ white ½ brown

AM snack: ½ cup oranges, ¼ cup cheerios & crackers
PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers

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