SEPTEMBER 2013

LUNCH MENU

		28 ☺Hamburger on Roll w/ Fries Veggie Sticks and Dip **OR** *Fruit and Veggie Bowl w/ Ham **AND** Chilled Fruit Cup	29 American Chop Suey with Local Beef Steamed Broccoli **OR** *Fruit and Veggie Bowl w/ Turkey **AND** *Fruit	30 Breakfast for Lunch (Pancakes, Sausage) **OR** *Fruit and Veggie Bowl w/ Chicken **AND** Chilled Fruit
2 Spaghetti Sauce with Local Beef Tossed Salad **OR** *Fruit and Veggie Bowl w/ Chicken **AND** *Fresh Orange Wedges	3 Chicken Alfredo with Pasta Peas **OR** *Fruit and Veggie Bowl w/ Turkey **AND** Fruit	4 Shepherd's Pie with Local Beef Tossed Salad **OR** *Fruit and Veggie Bowl w/ Ham **AND** Assorted Fruit	5 Chicken Patty on ☺**WG** Roll Sweet Potato Puffs Steamed Broccoli **OR** *Fruit and Veggie Bowl w/ Turkey **AND** Assorted Fruit	6 ☺ Pizza Veggie Sticks w/dip **OR** *Fruit and Veggie Bowl w/ Chicken **AND** Assorted Fruit
9 Ground Beef Patty(Salisbury Steak) Mashed Potatoes and Gravy Peas **OR** *Fruit and Veggie Bowl w/ Chicken **AND** *Fresh Orange Wedges	10 Macaroni and Cheese with Ham Veggie Sticks w/dip **OR** *Fruit and Veggie Bowl w/ Turkey **AND** Assorted Fruit	11 ☺**WG** Chicken Nuggets Fries Carrot Sticks **OR** *Fruit and Veggie Bowl w/ Ham **AND** *Mixed Fruit	12 Taco Bar w/ Sour Cream Brown Rice **OR** *Fruit and Veggie Bowl w/ Turkey **AND** * Assorted Fruit	13 ☺Hamburger on Roll w/ Fries Veggie Sticks and Dip **OR** *Fruit and Veggie Bowl w/ Chicken **AND** Chilled Fruit Cup
16 Chicken Patty on ☺**WG** Roll Sweet Potato Puffs Steamed Broccoli **OR** *Fruit and Veggie Bowl w/ Chicken **AND** *Fresh Orange Wedges	17 Chicken ala King Corn **OR** *Fruit and Veggie Bowl w/ Turkey **AND** Fresh Apples	18 Breakfast for Lunch Assorted Fruit **OR** *Fruit and Veggie Bowl w/ Ham **AND** *Fresh Orange Wedges	19 American Chop Suey with Local Beef Steamed Broccoli **OR** *Fruit and Veggie Bowl w/ Turkey **AND** *Mixed Fruit	20 Spaghetti Sauce with Local Beef Tossed Salad **OR** *Fruit and Veggie Bowl w/ Chicken **AND** Chilled Fruit Cup
23 ☺Hamburger on Roll w/ Fries Veggie Sticks and Dip **OR** *Fruit and Veggie Bowl w/ Chicken **AND** Chilled Fruit	24 Chicken Patty on ☺**WG** Roll Sweet Potato Puffs Steamed Broccoli **OR** *Fruit and Veggie Bowl w/ Turkey **AND** Assorted Fruit	25 Shepherd's Pie with Local Beef Tossed Salad **OR** *Fruit and Veggie Bowl w/ Ham **AND** Assorted Fruit	26 Turkey Mashed Potatoes and Gravy Peas **OR** *Fruit and Veggie Bowl w/ Turkey **AND** Chilled Fruit Cup	27 ☺ Pizza Veggie Sticks w/dip **OR** *Fruit and Veggie Bowl w/ Chicken **AND** Chilled Fruit Cup
30 Breakfast for Lunch (Pancakes, Sausage) **OR** *Fruit and Veggie Bowl w/ Chicken **AND** Chilled Fruit				

☺**WG** = Whole Grain: * = Gluten Free when not including most condiments such as salad dressings.

For further information on menu ingredients call 582-5346 – school nutrition director.