# September 2018 Menu

**Meridian World School**

*Heading into the Fall Season! Fruits and Vegetables are subject to change, depending on Season availability.*

## Monday
- **3**
  - Labor Day Holiday
  - No School!

## Tuesday
- **4**
  - Grilled Fish Tacos
  - Grilled Veggie Tacos
  - Cole Slaw
  - Black Beans
  - Fruit
  - Choice of 1% or Skim Milk

## Wednesday
- **5**
  - Penne with Meat Sauce
  - Penne with Primavera Sauce
  - Tossed Salad
  - Dinner Roll
  - Fresh Fruit
  - Choice of 1% or Skim Milk

## Thursday
- **6**
  - Greek Salad Bar
  - Choice of Chicken or Tofu
  - Whole Wheat Pita
  - Fruit
  - Choice of 1% or Skim Milk

## Friday
- **7**
  - Beef Burger
  - Black Bean Burger
  - French Fries
  - Lettuce, Tomato, Pickles
  - Fruit
  - Choice of 1% or Skim Milk

### Additional Items
- **10**
  - Blueberry Pancakes
  - Maple Syrup
  - Scrambled Eggs
  - Potatoes O'Brien
  - Orange Juice/Fruit
  - Choice of 1% or Skim Milk

- **11**
  - Baked Mac and Cheese
  - Sautéed Veggies
  - Dinner Roll
  - Fruit
  - Choice of 1% or Skim Milk

- **12**
  - Taco Soup
  - Veggie Taco Soup
  - Tossed Salad
  - Tortilla Chips
  - Fruit
  - Choice of 1% or Skim Milk

- **13**
  - BBQ Chicken
  - Grilled Tofu
  - Potato Salad/Ranch Style Beans
  - Dinner Roll
  - Fruit
  - Choice of 1% or Skim Milk

- **14**
  - Cheese Pizza (K-12)
  - Pepperoni Pizza (6-12)
  - Baked Potato w/ Dinner Roll (K-12)
  - Tossed Salad
  - Fruit
  - Choice of 1% or Skim Milk

- **17**
  - Turkey Tacos
  - Mixed Bean Tacos
  - Lettuce and Tomato
  - Pinto Beans
  - Fruit
  - Choice of 1% or Skim Milk

- **18**
  - Sweet and Sour Chicken
  - Sweet and Sour Tofu
  - Brown Rice/Steamed Veggies
  - Egg Roll
  - Fruit
  - Choice of 1% or Skim Milk

- **19**
  - Twisted Chicken Alfredo
  - Twisted Veggie Alfredo
  - Tossed Salad
  - Dinner Roll
  - Fresh Fruit
  - Choice of 1% or Skim Milk

- **20**
  - Beef Burger
  - Black Bean Burger
  - French Fries
  - Lettuce, Tomato, Pickles
  - Fruit
  - Choice of 1% or Skim Milk

- **21**
  - Grilled Fish Tacos
  - Grilled Veggie Tacos
  - Cole Slaw
  - Dinner Roll
  - Fresh Fruit
  - Choice of 1% or Skim Milk

- **22**
  - Penne with Meat Sauce
  - Penne with Primavera Sauce
  - Tossed Salad
  - Dinner Roll
  - Fresh Fruit
  - Choice of 1% or Skim Milk

- **23**
  - Greek Salad Bar
  - Choice of Chicken or Tofu
  - Whole Wheat Pita
  - Fruit
  - Choice of 1% or Skim Milk

- **24**
  - Cheese Ravioli
  - Served with Fresh Basil Pesto Sauce
  - Sautéed Vegetables
  - Dinner Roll
  - Fruit
  - Choice of 1% or Skim Milk

- **25**
  - Chicken Fajita Tacos
  - Mixed Veggie Tacos
  - Onions and Peppers
  - Black Beans/Steamed Carrots
  - Fruit
  - Choice of 1% or Skim Milk

- **26**
  - Sloppy Joe
  - Veggie Joe
  - French Fries
  - Cole Slaw
  - Fruit
  - Choice of 1% or Skim Milk

- **27**
  - Chopped Salad
  - Choice of Chicken or Tofu
  - Whole Wheat Dinner Roll
  - Fruit
  - Choice of 1% or Skim Milk

- **28**
  - Cheese Pizza (K-12)
  - Pepperoni Pizza (6-12)
  - Baked Potato w/ Dinner Roll (K-12)
  - Tossed Salad
  - Fruit
  - Choice of 1% or Skim Milk

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Please be sure to sign your child up for a meal account through [www.myschoolbucks.com](http://www.myschoolbucks.com). For more information or questions regarding the menu or ingredients, please contact Leslie Sterzinger at [Chef@mwschool.org](mailto:Chef@mwschool.org). Paid: $4.25, Reduced: $0.40, Free: $0.00

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