



September 2018 - Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 9-12 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
<p>9-3</p> <p style="text-align: center;">LABOR DAY HOLIDAY</p>	<p>9-4</p> <ul style="list-style-type: none"> ★★ Deep Dish Cheese Flatbread ★★ Deli Turkey & Cheese Sandwich ★★ Yogurt Parfait Wholesome Granola -V <ul style="list-style-type: none"> ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk 	<p>9-5</p> <ul style="list-style-type: none"> ★★ Smokin' BBQ Rib Sandwich ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread <ul style="list-style-type: none"> ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Fruit ★ Fruit Juice ★ Got Milk 	<p>9-6</p> <ul style="list-style-type: none"> ★ Salisbury Steak with Gravy ★★ California Chicken Wrap ★★ Chinese Chicken Salad <ul style="list-style-type: none"> ★ Artisan Roll - S ★ Fluffy Mashed Potatoes <ul style="list-style-type: none"> ★ Cucumber Coins ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>9-7</p> <ul style="list-style-type: none"> ★★ Golden Chicken Filet Sandwich ★★ Classic Tuna Sandwich or ★★ Chicken Caesar & Cheesy Bread <ul style="list-style-type: none"> ★ Broccoli Buds ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Slush ★ Got Milk
<p>9-10</p> <ul style="list-style-type: none"> ★★ Bean & Cheese Bowl -V ★ Crunchy Tortilla Chips ★★ Toasted Cheese Sandwich -V ★★ Yogurt Parfait Wholesome Granola -V <ul style="list-style-type: none"> ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>9-11</p> <ul style="list-style-type: none"> ★★ All Star Turkey Hot Dog ★★ Yellow Submarine Sandwich <ul style="list-style-type: none"> ★★ Tuna Salad Plate ★ Artisan Roll - S ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk 	<p>9-12</p> <ul style="list-style-type: none"> ★ Sliced Turkey & Gravy ★ Southern Buttermilk Biscuit - S ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread <ul style="list-style-type: none"> ★ Fresh Garden Salad ★ Petite Baby Carrots - S ★ Fruit ★ Fruit Juice ★ Got Milk 	<p>9-13</p> <ul style="list-style-type: none"> ★ Salisbury Steak with Gravy ★★ California Chicken Wrap ★★ Chinese Chicken Salad <ul style="list-style-type: none"> ★ Aloha Roll - S ★ Fluffy Mashed Potatoes <ul style="list-style-type: none"> ★ Cucumber Coins ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>9-14</p> <ul style="list-style-type: none"> ★★ Beefy Bean Burrito ★★ Classic Tuna Sandwich or ★★ Chicken Caesar & Cheesy Bread <ul style="list-style-type: none"> ★ Fresh Garden Salad ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk
<p>9-17</p> <ul style="list-style-type: none"> ★★ Cheesy Veggie Burger Sliders -V ★★ Toasted Cheese Sandwich -V ★★ Yogurt Parfait Wholesome Granola -V <ul style="list-style-type: none"> ★ Waffle Fries ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>9-18</p> <ul style="list-style-type: none"> ★ Oven Fried Chicken Drumstick ★ Crispy Waffle ★★ Deli Turkey & Cheese Sandwich <ul style="list-style-type: none"> ★★ Tuna Salad Plate ★ Artisan Roll - S ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk 	<p>9-19</p> <ul style="list-style-type: none"> ★ Cheese Omelet ★ Southern Buttermilk Biscuit - S ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread <ul style="list-style-type: none"> ★ Golden Hash Brown Patties ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>9-20</p> <ul style="list-style-type: none"> ★★ Whole Grain Rich Pepperoni Pizza ★★ California Chicken Wrap ★★ Chinese Chicken Salad <ul style="list-style-type: none"> ★ Aloha Roll - S ★ Sweet Corn ★ Celery Sticks ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>9-21</p> <ul style="list-style-type: none"> ★★ Teriyaki Beef Dipper Rice Bowl ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread <ul style="list-style-type: none"> ★ Broccoli Buds ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Slush ★ Got Milk



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9-24 ** Bean & Cheese Pupusa Curtido Slaw - V ** Toasted Cheese Sandwich - V ** Yogurt Parfait Wholesome Granola - V * Roasted Potato Wedges * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	9-25 * Chicken Tenders * Southern Buttermilk Biscuit ** Yellow Submarine Sandwich ** Tuna Salad Plate * Artisan Roll - S * Fiesta Pinto Beans * Cucumber Coins * Fruit - S * Frozen Juice Cup * Got Milk	9-26 * Taco Bean Dip * Crunchy Tortilla Chips ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Sweet Corn * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	9-27 ** Café LA Burger OR Café LA Cheeseburger ** California Chicken Wrap ** Chinese Chicken Salad * Aloha Roll - S * Crinkle Cut Potatoes * Fresh Garden Salad * Fruit Cup * Fruit Juice * Got Milk	9-28 ** Manager's Choice ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Fluffy Mashed Potatoes * Petite Baby Carrots - S * Fruit - S * Frozen Juice Cup * Got Milk

All of the Grain/Bread items served are whole grain.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit or vegetable

S: Items with an (**S**) can be saved for later

V: Vegetarian items

**Farm Fresh Fruits: Apple, Orange, Banana