

# September 2017

## Middle/High School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

USDA is an equal opportunity provider and employer. Menu subject to change depending on availability of food product

### MEAL PRICES:

Breakfast - NO CHARGE  
Extra Breakfast- \$1.50

Middle-Lunch \$2.25  
Reduced \$.25

Extra Meal:  
Middle- \$2.75  
Extra Portions - \$.75-\$1.75  
Ice Cream/Snack- \$.70-\$1.75  
Milk or Juice - \$.65

### PRICE CHANGE ON EXTRAS & SNACKS

DON'T FORGET TO TURN IN A NEW APPLICATION, LAST'S YEARS APPLICATION IS GOOD ONLY UNTIL SEPTEMBER 29<sup>TH</sup> !

\*Breads are whole grain, wheat or whole grain white

Milk:1%, Low Fat Choc. & Skim

ALSO OFFERED DAILY:  
PBJ, YOGURT & SALAD BAR

**NO SCHOOL LABOR DAY** 4

STAFF DAY ONLY 5  
**NO STUDENTS**

STAFF DAY ONLY 6  
**WELCOME BACK STUDENTS**

7  
CHICKEN NUGGETS  
FRESH CRISP ROMAINE SALAD  
ASSORTED FRESH OR  
CANNED FRUIT

8  
BACON CHEESEBURGER  
CARROTEENIES  
ASSORTED FRESH OR  
CANNED FRUIT OR  
TUNA SALAD SANDWICH

11  
CHICKEN FAJITA WRAPS  
BLACK BEANS  
ASSORTED FRESH OR  
CANNED FRUIT

12  
MEATBALL SUB  
GREEN BEANS  
ASSORTED FRESH OR  
CANNED FRUIT OR  
BOLOGNA & CHEESE SANDWICH

13  
MAC & CHEESE W/WG ROLL  
MIXED VEGGIES  
ASSORTED FRESH AND CANNED FRUIT OR  
HAM & CHEESE SANDWICH

14  
LOADED FRIES  
CARROTEENIES  
ASSORTED FRESH OR  
CANNED FRUIT OR  
TURKEY SANDWICH

15  
SPAGHETTI & MEATBALLS  
ROMAINE SALAD  
ASSORTED FRESH OR  
CANNED FRUIT OR  
EGG SALAD SANDWICH

18  
TACO SALAD  
CORN & BLACK BEANS  
ASSORTED FRESH OR  
CANNED FRUIT

19  
CHICKEN PATTIE  
SWEET POTATO FRIES  
ASSORTED FRESH OR  
CANNED FRUIT OR  
TUNA SALAD SANDWICH

20  
TURKEY SUB  
CARROTEENIES  
ASSORTED FRESH OR  
CANNED FRUIT

21  
BEEF OR CHEESE RAVIOLI  
WG DINNER ROLL  
ROMAINE SALAD  
ASSORTED FRESH OR  
CANNED FRUIT OR  
HAM SALAD ON A BUN

22  
FRENCH TOAST STICKS  
SAUSAGE  
HASH BROWNS  
CARROT STICKS  
ASSORTED FRESH OR  
CANNED FRUIT OR  
EGG SALAD SANDWICH

25  
SLOPPY JOE  
PEAS  
ASSORTED FRESH OR  
CANNED FRUIT

26  
NEW: CHICKEN & STUFFING CASSEROLE  
MIXED VEGGIES  
ASSORTED FRESH OR  
CANNED FRUIT OR  
PLAIN BAGEL W/ PB CUP

27  
BEEFIE NOODLE BAKE  
GREEN BEANS  
ASSORTED FRESH OR  
CANNED FRUIT OR  
TURKEY & CHEESE SANDWICH

28  
NEW: BBQ CHICKEN SANDWICH  
COLE SLAW & BEANS  
ASSORTED FRESH OR  
CANNED FRUIT OR  
TUNA SALAD WRAP

29  
PIZZA  
ROMAINE SALAD W/ CHICK PEAS  
ASSORTED FRESH OR  
CANNED FRUIT OR  
EGG SALAD ON A BUN