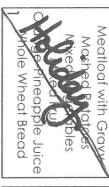
September Menu

9-12 LUNCH MENU Due And 22rd by 3:00 pm

Nourishment. Delivered

## School Year 2014-15 #400 a



Applesauce/Grape Juice WG Rotini w/ Marinara Whole Grain Roll Chicken Strips Carrot Sticks Margarine Broccoll

Potatoes O'Brien Mandarin Oranges Whole Grain Bread Graham Crackers Blended Juice Green Beans

Breaded Pork w/ Gravy

Hamburger on WG Bup

Whole Wheat Bread

Margarine

Apple Juice

**BBQ** Chicken Thigh

Mashed Potatoes Butternut Squash

Fresh Orange

Spaghetti & Meat Sauce Green Beans Grilled Chicken Breast on

Orange-Pineapple Juice Whole Grain Bread Margarine Mixed Fruit

Whole Grain Bun Orange Juice Broccoli

Herb Mashed Potatoes **BBQ Sauce Packet** Whole Fresh Apple

12

Turkey, Ham and Cheese Carrot Raisin Salad Tossed Salad w/ Ranch Dressing on WG Bread Apple Juice Peaches

WG Pizza Pocket with Seasonal Fresh Fruit Blended Juice Margarine Marinara Broccoli Grilled Chicken on

9 Country Veg Medley Whole Grain Bun Tossed Salad w/ Italian Dressing Orange Juice Pineapple

Salisbury Steak with

Stev Bread/Margarine Brown Tam Crackers range Juice otatoes

Hamburger on WG Bu Tomato BBQ Chicken This Mashed P Butternut Squ ble Wheat Bread Margarine pple Juice Orange ratoes

Sloppy Joe on Whole

Blended Juice

Mustard/Ketchup Graham Crackers

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Baked Chicken Thigh

Green Beans

Potatoes Au Gratin

Peaches

Grape Juice

Pineapple

Carrots

Mashed Sweet Potatoes

Grain Bun

Hot Dog on WG Bun

Baked Beans

**Applesauce** Green Peas

Mayonnaise/Ketchup Hamburger on WG Bun Potatoes O'Brien Baked Beans Grape Juice Applesauce

Ham and Cheese on Whole Wheat Bread Yellow Corn Mixed Fruit Carrots

Orange-Pineapple Juice Margarine

7WG Bread/Margarine

Graham Crackers

Apple Juice

Turkey and Cheese on

Chicken Breast w/ Gravy
Brown Rice Pilaf

Whole Kernel Corn

Whole Grain Bun

Lasagna Casserole

Garlic Spinach

Carrots

BBQ Chunky Chicken on Whole Grain Bun Baked Beans Green Peas Mixed Fruit

23 Orange-Pnpple Jce

Blended Juice

Mayonnaise

25 WG Roll/Margarine

Peaches/Apple Juice

Broccoli

**Graham Crackers** 

**Baby Carrots** 

Colesiaw

Fruit Salad

Whole Wheat Bread

Margarine

Grape Juice Applesauce

Chicken Strips WG Rotini w/ Marinara Whole Grain Rol Carrot Sticks Broccoli

Meatloaf with Gravy

Breaded Pork w/ Grav

Green Beans

Mashed Potatoes

Mixed Vegetables

Mixed Fruit

Mandarip

ranges

Fraham Crackers

le Grain Bread

Justard/Ketchup

ange Juice

ed Juice

Potatoes O'P

Corn with Dig

Baked Bear

Orange-Pineapple Juice Applesauce/Grape Juice Margarine

Senior OTL: Sept. 15 Freshmen Retreat: Sept. 19

29 Whole Wheat Bread

# of days -Circle the days you want Lunch. 品 丁安

total due