

# Lunch September 2020

	01	02	03	04
Red Beans & Sausage w/Rice Sweet Potatoes Fruit Choice Cornbread Muffin	Beefy Soft Tacos Seasoned Black Beans Salsa Cup Corn Cobbett Fruit Choice	Backyard Burgers French Fries/Tater Tots California Blend Veggies Fruit Choice	Pepperoni Pizza Mixed Veggies Green Beans Fruit Choice	Baked Chicken Mashed Potatoes w/Gravy Seasoned Greens Fruit Choice
07	08	09	10	11
<b>LABOR DAY</b>	Chicken Tenders Cheesy Spaghetti White Beans Green Beans Fruit Cup Dinner Roll	Salisbury Steak Rice & Gravy Smothered Cabbage Sweet Potatoes Banana Dinner Roll	Pepperoni Pizza Mixed Veggies Spinach Fruit Cup	Baked Chicken Roasted Red Potatoes Asian Veggies Fresh Orange Dinner Roll
14	15	16	17	18
Corn Dog French Fries Seasoned Greens Fruit Choice	Spaghetti w/Meatsauce Carrot Coins Green Beans Fruit Cup Garlic Roll	Grilled Chicken Sandwich California Blend Corn Fruit Choice	Jambalaya Smothered Okra & Tomatoes Broccoli Fruit Cup Cornbread	Backyard Burgers French Fries/Tater Tots Baked Beans Fruit Choice
21	22	23	24	25
Hot Dogs with Chili French Fries Steamed Spinach Fruit Choice Milk Choices	Beef-A-Roni California Blend Veggies Greens Beans Fruit Choice Garlic Rolls	Breaded Chicken Pattie Sandwich Carrot Coins Broccoli Florets Fruit Choice Dinner Roll	Meatloaf Mashed Potatoes & Gravy Lima Beans Fruit Cup Dinner Roll	Beefy Soft Tacos Refried Beans Corn Salsa Cup Fruit Choice
28	29	30		
Red Beans w/Sausage & Rice Smothered Okra & Tomatoes Broccoli Cornbread	Chicken Tenders Cheesy Spaghetti White Beans Green Beans Fruit Cup Dinner Roll	Salisbury Steak Rice & Gravy Smothered Cabbage Carrot Coins Fruit Choice Dinner Roll		
Students May Select The Following Items: <b>Choice of 1 Entrée</b> <b>Choice of 1 Grain</b> <b>May Choose All Vegetables</b> <b>May Choose up to 2 Fruits</b> <b>Choice of Milk if desired</b>		<ul style="list-style-type: none"> <li>Students <b><u>MUST</u></b> choose at least <b>½ cup fruit or ½ cup vegetable.</b></li> <li>Students may decline 2 of the 5 food components. Milk is not required. Main entrees such as pizza and sandwiches count as a meat and a bread/grain.</li> </ul>		

\*\*\*\*\*MENU SUBJECT TO CHANGE\*\*\*\*\*

Pre - K through 8<sup>th</sup> Grade

\*\*\*\*\*MILK CHOICE OFFERED DAILY\*\*\*\*\*

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