



# LUNCH

# SEPTEMBER 2018 CHILD & NUTRITION PROGRAM

# HOT LUNCH MENU

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This institution is an equal opportunity provider.

### Available Daily

*Peanut Butter or Sun Butter & Jelly Sandwiches*  
*American Cheese Sandwiches (Mayo/Mustard)*

**A side salad (1/2 cup) of leafy dark green vegetable is offered daily.**

**½ cup Fresh Fruit options will be offered daily**

**Select a fruit AND/OR vegetable with your sandwich.**



## Monday



**3**

**10**

Kickin Chicken Smackers with a Baked Bread Stick  
Vegetarian Beans, ½ cup  
Assorted Fruit, ½ cup  
Milk

**17**

Pork Chop Patty\* on a Roll  
Steamed Carrots, ½ cup  
Assorted Fruit, ½ cup  
.75 oz. Goldfish Crackers  
Milk

**24**

Yummy Chicken Quesadilla  
Steamed Carrots, ½ cup  
Green Pepper Strips, ½ cup  
Assorted Fruit, ½ cup  
Milk

## Tuesday

**4**

Cowboy Beef Taco w/ cheese on a Soft Shell  
Shredded Lettuce  
Red Kidney Beans, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**11**

Pork\* Tacos on a Soft Shell,  
Green Pepper Strips, ½ cup  
Sweet Potato Fries, ½ cup  
Fresh Fruit, ½ cup  
Cookie  
Choice of Milk

**18**

Tasty Turkey Taco w/ cheese on a Soft Shell  
Black Bean Salad, ½ cup  
Roasted Corn, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**25**

Delicious Chicken Fajita on a Soft Tortilla  
Red Kidney Beans, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

## Wednesday

**5**

Sweet & Sour Chicken with Brown Rice  
Steamed Broccoli, ½ cup  
Assorted Fruit, ½ cup  
Milk

**12**

Breaded Chicken Patty on a Bun  
Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Choice of Milk

**19**

Charbroiled Cheese Burger on Bun  
Sliced Tomato & Pickle Chips  
Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Milk

**26**

Mama's Beef Meatballs with Rotini Pasta & Marinara Sauce  
Steamed Green Beans, ½ cup  
Assorted Fruit, ½ cup  
Milk

## Thursday

**6**

Turkey or Turkey Ham & Cheese on a Roll w/Lettuce,  
Tomato & Pickle Chips  
Sweet Potato Fries, ½ cup  
Fresh Fruit, ½ cup  
Pretzel Rod  
Choice of Milk to include Vanilla

**13**

Baked Macaroni & Cheese  
Carrot Coins, ½ cup  
Steamed Broccoli, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**20**

Crispy Mozzarella Sticks  
Rotini Pasta  
Marinara Sauce  
Steamed Zucchini, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**27**

Brunch for Lunch  
Stuffed Cheese Omelet in a Tortilla Shell  
Smiles Fries, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

## Friday

**7**

Homemade Baked Ziti With Mozzarella Cheese  
Steamed Green Beans, ½ cup  
Fruit Cup, ½ cup  
Milk

**14**

NY Sicilian Pizza  
Celery Sticks/Low Fat Dip, ½ cup  
Fruit Cup, ½ cup  
Milk

**21**

Hearty Three Bean Chili, Brown Rice  
Carrot Sticks/Low Fat Dip, ½ cup  
Fruit Cup, ½ cup  
Milk

**28**

UNO Cheese Pizza Slice  
Steamed Broccoli, ½ cup  
Crunchy Carrot Sticks, ½ cup  
Fruit Cup, ½ cup  
Milk

Alternative Meal:  
Hot Ham/Cheese on a Bagel  
Alternative meals are served with main meal "sides."

\*For Pork free schools- an alternative protein will be provided

Pre-K - 8 Grades: 1% and Fat Free White Milk Offered Daily  
K - 8 Grades: Fat Free Chocolate Milk also offered Tues and  
Pre-K - 1% & FF White Milk only

Assorted Fruit =  
Canned Fruit  
Fruit Cup = 4 oz.  
frozen fruit  
Fresh Fruit = Whole fresh fruit

