

SEPTEMBER 2021

Elementary Schools

LUNCH



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

6

NO SCHOOL!

Cheeseburger & Chips

Baby Carrots & Dip
Applesauce

7

Pizza Sticks & Dipping

Sauce
Baby Carrots & Dip
Grapes

1

Lasagna Roll Ups & Breadstick

Side Salad
Fruit Cup

8

Early Dismissal!

2

Fish and Chips
Assorted Fruits & Veggies

Popcorn Chicken & Dinner Roll

French Fries
Banana

9

NO SCHOOL!

3

French Bread Pizza
Assorted Fruit & Veggies
Sidekick Fruit Slush

10

Corn Dog
Steamed Broccoli
Fruit Cup

13

Chicken Nuggets & Dinner Roll

Mashed Potatoes
Apple Slices

14

Hot Dog & Mac N' Cheese

Baby Carrots & Dip
Grapes

15

Orange Chicken & Fried Rice

Pepper Strips & Dip
Applesauce

16

Pizza Sticks & Dipping Sauce
Assorted Fruit & Veggies

17

Chicken Patty
Green beans
Applesauce

20

TACO TUESDAY

Walking Tacos
Refried Beans
Fruit Cup

21

Chicken Tenders & Dinner Roll

French Fries
Banana

22

Meatball Sub
Steamed Carrots
Apple slices

23

French Bread Pizza
Assorted Fruit & Veggies
Sidekick Fruit Slush

24

Popcorn Chicken & Dinner Roll
Baby Carrots & Dip
Fruit Cup

27

Lasagna Roll Ups & Breadstick
Side Salad
Apple slices

28

Brunch for Lunch!
French Toast & Hash
browns
Banana & Juice

29

Grilled Ham & Cheese Croissant
Steamed Broccoli
Grapes

30

Pizza Sticks & Dipping Sauce
Assorted Fruits & Veggies

1

This institution is an equal opportunity provider.