



# September 2017

## K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	Whole Wheat Pizza Broccoli Fruit <b>1</b>
Labor Day! <b>4</b>	Fajita Style Chicken Black Beans Whole Grain Soft Tortillas Fruit <b>5</b>	French Toast w/veg sausage Hash Brown Syrup Fruit <b>6</b>	General Tso's Chicken Brown Rice Carrots Fruit <b>7</b>	Chicken & Cheese Empanada Broccoli Fruit <b>8</b>
HOLIDAY MEAL Hamburger Whole Wheat Hamburger Bun Home Fries Fruit Ketchup <b>11</b>	Chicken & Broccoli Alfredo Whole Grain Pasta Fruit <b>12</b>	BBQ Chicken Sandwich Whole Wheat Hamburger Bun Baked Beans Fruit <b>13</b>	Chicken Parmesan Whole Grain Pasta Carrots Fruit <b>14</b>	Whole Grain Cheese Pizza Broccoli Fruit <b>15</b>
Loaded Baked Potato w/Chicken Bacon, Cheese Whole Wheat Roll Fruit <b>18</b>	Hot Dog Whole Wheat Hot Dog Bun Fruit Baked Beans Ketchup & Mustard <b>19</b>	Macaroni & Cheese Green Peas Fruit <b>20</b>	Breaded Chicken Sandwich Whole Wheat Hamburger Bun Carrots Fruit Ketchup <b>21</b>	Cheese Tortellini w/Marinara Sauce Broccoli Fruit <b>22</b>
Beef Tacos Whole Grain Soft Tortillas Corn Fruit <b>25</b>	Turkey Meatballs w/Marinara Whole Grain Pasta Carrots Whole Wheat Roll Fruit <b>26</b>	Chicken Nachos with Cheddar Cheese Salsa California Blend Vegetables Baked Tortilla Chips Fruit <b>27</b>	Whole Grain Chicken Nuggets Baked Beans BBQ Dipping Sauce Fruit <b>28</b>	Meatball Empanada Broccoli Fruit <b>29</b>