

# SEPTEMBER 2022

## LUNCH



**SERVED DAILY: FRUIT, MILK, AND  
CONDIMENTS AS NEEDED.**



**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.



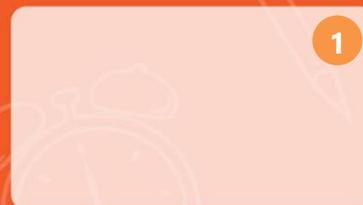
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Labor Day**

5

Hamburger  
French Fries  
Lettuce/Tomato

6

Beef Fiesta Pizza  
Corn  
Black Beans

7

Cheesy Chicken Pasta  
Steamed Green Beans  
Side Salad w/ Ranch  
Breadstick

8

BBQ Sandwich  
Chips  
Coleslaw  
Baked Beans

9

Ham Cheese Calzone  
Steamed Green Beans  
Side Salad w/ Ranch  
Pudding

12

Chicken Sandwich  
French Fries  
Lettuce Bowl

13

Taco Salad  
Doritos  
Lettuce Bowl  
Corn  
Cookie

14

Chicken Noodles  
Peas & Carrots  
Broccoli Bowl w/ Ranch  
Dinner Roll

15

Mini Corn Dogs  
Mac & Cheese  
Baked Beans  
Carrots w/ Ranch

16

Chicken Tenders  
Mashed Potatoes  
Steamed Green Beans  
Dinner Roll

19

Hot Dog  
French Fries  
Carrots w/ Ranch

20

Cheesy Chicken  
Doritos  
Corn  
Black Beans

21

**First Day of Fall**  
Pizza  
Broccoli  
Side Salad

22

Saucy Chicken  
Chips  
Baked Beans  
Celery w/ Ranch

23

Chicken Nuggets  
Mashed Potatoes  
Broccoli  
Dinner Roll

26

Hamburger  
French Fries  
Lettuce/Tomato

27

**World School Milk Day**  
Beef Fiesta Pizza  
Corn  
Black Beans

28

Cheesy Chicken Pasta  
Steamed Green Beans  
Side Salad  
Breadstick

29

BBQ Sandwich  
Chips  
Coleslaw  
Baked Beans

30