



SEPTEMBER 2021

Child Nutrition Pre K – 8th

Hot Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



1
Beef Meatballs with Rotini Pasta & Marinara Sauce
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

2
Grilled Chicken Fajita
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Red Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

3
Sicilian Pizza
Steamed Zucchini, ¾ cup
Assorted Fruit, ½ cup
Choice of Milk

7
Chicken Smackers with Brown Rice
Steamed Broccoli, ¾ cup
Assorted Fruit, ½ cup
Choice of Milk

8
Beef Meatballs with Pasta
Chickpeas Salad, ¾ cup
Assorted Fruit, ½ cup
Choice of Milk

9
Sicilian Pizza
Celery Sticks/LF Dip, ½ cup
Roasted Zucchini- ½ cup
Assorted Fruit, ½ cup
Choice of Milk

10
Grilled Cheese Sandwich
Steamed Carrots, ½ cup
French Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

13
Chicken Smackers with a Baked Bread Stick
Vegetarian Beans, ¾ cup
Assorted Fruit, ½ cup
Choice of Milk

14
Grilled Cheese
Green Pepper Strips, ½ cup
Sweet Potato Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

15
Chicken Parmesan on a Bun
Potato Smile Fries, ½ cup
Celery Sticks/LF Dip, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

16
Baked Macaroni & Cheese
Carrot Coins, ½ cup
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

17
Sicilian Pizza
Steamed Zucchini, ¾ cup
Assorted Fruit, ½ cup
Choice of Milk

20
Breaded Fish Patty On a Bun
Tater Tots
¼ cup Pickles
Assorted Fruit, ½ cup
Choice of Milk

21
Tasty Beef Taco Nacho Chips
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

22
Chicken Breaded Pieces with Brown Rice
Breadstick
Steamed Carrots, ¾ cup
Assorted Fruit, ½ cup
Choice of Milk

23
Beef Cheese Burger on Bun & ¼ cup Pickle Chips
French Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

24
Crispy Mozzarella Sticks
Rotini Pasta
¼ cup Marinara Sauce
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

27
Chicken Smackers Baked Bread Stick
Smile Fries, ½ cup
Vegetarian Beans, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

28
Yummy Quesadilla with Cheese
Kidney Beans, ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

29
Beef Meatballs with Rotini Pasta & ¼ cup Marinara Sauce
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

30
Grilled Chicken Fajita
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Red Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk



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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)

Assorted Fruit

Fresh Fruit-1 Piece
ex (apple, banana, orange)

Frozen Fruit Cup ½ cup

Prepared Fruit Cup ½ cup
Ex. (pear, pear, peaches, applesauce)