

SOUTHGATE ACADEMY



LUNCH Menu

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>	<p>3</p> <ul style="list-style-type: none"> Chicken Tacos Green Beans Pico De Gallo Brown Rice Turkey and Cheese S/W Salad Red Grapes 	<p>4</p> <ul style="list-style-type: none"> Nachos w/diced chicken Carrot Sticks Pico De Gallo Jicama Straws PBJ Sandwich Green Apple 	<p>5</p> <ul style="list-style-type: none"> Chicken Stir Fry Brown Rice Corn Medley Gator Salad Green Apple Cantaloupe 	<p>6</p> <ul style="list-style-type: none"> Spaghetti Green Beans Gator Salad Berry Cup Red Apple
<p>9</p> <ul style="list-style-type: none"> Beef Burrito Mexicali Corn Pico De Gallo Gator Salad Strawberry Cup Green Grapes 	<p>10</p> <ul style="list-style-type: none"> Chicken Fajitas w/whole wheat tortilla Brown Rice Bell Pepper Slices Gator Salad Banana or Green Apple 	<p>11</p> <ul style="list-style-type: none"> Turkey/Cheese Sandwich Pretzels Oatmeal Cookie Carrot Sticks Apple Slices Red Grapes 	<p>12</p> <ul style="list-style-type: none"> Bean Burrito Bowl Green Beans Gator Salad Pico De Gallo Blueberry Cup Banana 	<p>13</p> <ul style="list-style-type: none"> Mac n Cheese Whole Wheat Roll Summer Corn Gator Salad Berry Mix Applesauce
<p>16</p> <ul style="list-style-type: none"> Camitas Tacos Vege Medley Gator Salad Turkey and Cheese S/W Kiwi Cup Red Apple 	<p>17</p> <ul style="list-style-type: none"> Chicken w/white sauce Whole Wheat Noodles Green Beans Whole Wheat Roll Banana 	<p>18</p> <ul style="list-style-type: none"> Turkey n Cheese Sandwich Pretzels Oatmeal Cookie Carrot Sticks Apple Slices 	<p>19</p> <ul style="list-style-type: none"> Beef Soft Tacos Green Beans Gator Salad Turkey Sandwich Orange Smiles 	<p>20</p> <ul style="list-style-type: none"> Chicken Fajitas Brussel Sprouts Gator Salad Green Apple Applesauce
<p>23</p> <ul style="list-style-type: none"> Salisbury Steak Mashed Potatoes n gravy Gator Salad Whole Wheat Roll Banana Orange 	<p>24</p> <ul style="list-style-type: none"> Tuna Salad Sandwich Whole Wheat Bun Green Beans Grapes Gator Salad Corn on the Cob Strawberry Cup or Pear 	<p>25</p> <ul style="list-style-type: none"> Bean Tostada Brown Rice Snap Peas Apple Slices or Banana 	<p>26</p> <ul style="list-style-type: none"> Pork Burrito Turkey N Cheese Sandwich Refried Beans Pico De Gallo Gator Salad Watermelon or Kiwi Cup 	<p>27</p> <ul style="list-style-type: none"> Beef Macaroni Brussel Sprouts Gator Salad Green Apple or Berry Cup Whole Grain Roll
<p>30</p> <ul style="list-style-type: none"> Mexicali Taco Boat Pinto Beans Pico De Gallo Gator Salad Plum or Green Apple 				

Choice of fat free milk, 1% milk, and water is available for all students.
Menu is subject to change.

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