

## School Lunch Menu: August 31-September 29

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY 31</b>	<b>FRIDAY Sep 1</b>
			Fresh Packed Hamburger Side lettuce, tomato, cheese French Fries From Scratch Cake Fruit 2% Milk	Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk
<b>MONDAY 4</b>	<b>TUESDAY 5</b>	<b>WEDNESDAY 6</b>	<b>THURSDAY 7</b>	<b>FRIDAY 8</b>
No School	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Veggie Fruit (C Rich) 2% Milk	Blueberry Pancakes Scrambled Eggs Fruit Syrup/Margarine 2% Milk	Chicken Tenders Mac and Cheese* Veggies Lo Cal Dessert 2% Milk	Mini Cheese Tortellini w/ Tomato Sauce Garlic Brushed Roll Grilled Zucchini Fruit 2% Milk
<b>MONDAY 11</b>	<b>TUESDAY 12</b>	<b>WEDNESDAY 13</b>	<b>THURSDAY 14</b>	<b>FRIDAY 15</b>
Sloppy Joes Macaroni Salad Veggie* Fruit (C Rich) 2% Milk	Baked Mostacioli w/ meatsauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 2% Milk	Pylian Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 2% Milk	Grilled Chicken B.L.T. on hamburger bun (tomato, on side) Baked Hand-Cut Chips Fruit Lo Cal Dessert 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk
<b>MONDAY 18</b>	<b>TUESDAY 19</b>	<b>WEDNESDAY 20</b>	<b>THURSDAY 21</b>	<b>FRIDAY 22</b>
Chicken Salad Sandwiches on Croissant Cream of Broccoli Soup w/ crackers Fruit Veggie 2% Milk	Ground Beef Tacos w/ tomatoes, cheese and fresh salsa Mexican Rice Veggie Sour Cream* 2% Milk	Pancakes Turkey Sausage Patties Fruit (A Rich) Syrup/Margarine 2% Milk	Pulled Pork Sliders Au Gratin Potatoes Veggie Dessert Fruit 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Dessert 2% Milk
<b>MONDAY 25</b>	<b>TUESDAY 26</b>	<b>WEDNESDAY 27</b>	<b>THURSDAY 28</b>	<b>FRIDAY 29</b>
Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie, Fruit (C Rich) 2% Milk	Scrambled Eggs Pork Sausage Patties Hash Browns Fruit 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Fruit 2% Milk	Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Lo Cal Dessert 2% Milk	Baked Three Cheese Mac-n-Cheese Veggie Applesauce Dessert 2% Milk

\*Prepared low fat; (A Rich) - Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day *MVaughn, RD, LDN*

## School Calorie-Controlled Lunch Menu: August 31-September 29

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY 31</b>	<b>FRIDAY Sep 1</b>
			Burger-2 oz/ Bun (small) Lettuce/ Tomato/ French Fries*-1/ 2 cup Fruit-1/2 cup Skim Milk	Fettuccini -1 cup Alfredo* w/ 2 oz. Chicken and Fresh Broccoli Caesar Salad w/ dressing* Fruit-1/2 cup Skim Milk
<b>MONDAY 4</b>	<b>TUESDAY 5</b>	<b>WEDNESDAY 6</b>	<b>THURSDAY 7</b>	<b>FRIDAY 8</b>
No School	Beef Burritos-1/ Salsa/Sour Cream*-1 T. Mexican Rice-1/2 cup Corn-1/3 cup Fruit-1/2 cup (C Rich) Skim Milk	Pancakes-2 Diet Syrup Scrambled Eggs-1/2 cup Fruit (A Rich)-1 /2 c. Skim Milk	Chicken Tenders-2 oz. Mac and Cheese*-3/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mini Cheese Tortellini w/ Tomato Sauce-1 cup Garlic Brushed Roll Grilled Zucchini ½ cup Fruit-1/2 cup Skim Milk
<b>MONDAY 11</b>	<b>TUESDAY 12</b>	<b>WEDNESDAY 13</b>	<b>THURSDAY 14</b>	<b>FRIDAY 15</b>
Sloppy Joe-2oz. on Bun Macaroni Salad-1/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mostacioli-1 cup Garlic Bread-1 small Veggie (A Rich) Fruit-1/2 cup Skim Milk	Pylian Estates E.V.O.O. Chicken Limoncino -2 oz. Spinach Feta Rice-1 c.Fruit-1/2 cup Bread/Roll-1 Skim Milk	Grilled Chicken-2 oz on hamburger bun (lettuce, tomato) Baked Hand Cut Potato Chips-1/4 cup Fruit-1/2 cup Skim Milk	Cheese Quesadillas-1 Refried Beans*-1/4 cup Veggie-1/2 cup Fresh Salsa Sour Cream*-1 Tbsp Skim Milk
<b>MONDAY 18</b>	<b>TUESDAY 19</b>	<b>WEDNESDAY 20</b>	<b>THURSDAY 21</b>	<b>FRIDAY 22</b>
Chicken Salad-1/2 cup Wheat-2 slices Cream of Broccoli Soup-1/2 cup Veggie (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk	Beef-2 oz Tacos-1 small shell w/ lettuce, tomatoes, cheese Salsa Mexican Rice-1/4 c. Veggie-1/2 c. Skim Milk	Pancakes-2 Diet Syrup Turkey Sausage Patties-2 oz Fruit (A Rich)-1 /2 c. Hash Browns*-1/4 c. Skim Milk	Pork- 2 oz Bun-1 small AuGratin Potatoes-1/4 cup Veggie-1/2 cup Fruit -1/2 cup Skim Milk	Thin Crust Cheese*Pizza-1 small Broccoli Salad*-1/2 cup Fruit -1/2 cup Bread Stick -1 small Skim Milk
<b>MONDAY 25</b>	<b>TUESDAY 26</b>	<b>WEDNESDAY 27</b>	<b>THURSDAY 28</b>	<b>FRIDAY 29</b>
Mexican Burritos-1/ Salsa/Sour Cr*-1 T. Rice-1/4 cup Black Beans-1/4 c. Lettuce/Tomato-1 cup Fruit-1/2 cup (C Rich) Veggie (A Rich) Skim Milk	Scrambled Egg-1 Pork Sausage Patty-1 oz. Hash Browns*-1/4 cup Fruit -1/2 cup Wheat Toast-2/ Diet Jelly-2 tsp Skim Milk	Chicken Strips * -3 oz Mashed Sweet Potatoes-1/3 cup Fruit -1/2 cup Wheat Roll-1/ Diet Jelly -1 tsp . Skim Milk	Chicken Parmesan -2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	3 Cheese Mac-n-Cheese*- 1 ½ cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk

\*Prepared low fat; (A Rich) - Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day *MVaughn, RD, LDN*