

School Lunch Menu-August 30-September 28, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 30	FRIDAY 31
			Fresh packed burgers-2 oz./Bun Lettuce/ Tomato/ Cheese Baked French Fries-1/2 c Fruit-1/2 cup Skim Milk	Meat -1 1/2 oz , Feta-1/2 oz, Pita-1 w/ tomato, cucumber, sauce Potato Wedges-1/2 cup Fruit-1/2 cup (C Rich) Skim Milk
MONDAY Sep 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
NO SCHOOL	Sandwich w/ 2 oz.- turkey, ham, cheese*, lettuce, tomato/mustard Carrots-1/2 cup Cream of Chicken Soup*-1/2 cup Skim Milk	Cavatappi-1/2 cup w/Meatball-2oz. Garlic Roll-1 small Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Baked Battered Fish-3 oz Baked Fries-1/2 cup Cole Slaw*- (A Rich)-1/3 cup Fruit-1/2 cup Skim Milk	BBQ Chicken -2 oz. Pasta Salad w/veggie-1 cup w/Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Fettuccini -1 cup Alfredo* w/ 2 oz. Chicken and Fresh Broccoli Caesar Salad w/ dressing* Fruit-1/2 cup Skim Milk	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 1/2 cup Fruit-1/2 cup Skim Milk
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
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 Limone -2 oz. Spinach Feta Rice-1 c. Fruit-1/2 cup Bread/Roll-1 Diet Jelly-1 tsp 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 Fruit-1/2 cup Skim Milk
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Chicken Salad-1/2 cup Sandwiches on Wheat-2 slices Cream of Broccoli Soup-1/2 cup Veggie (A Rich)-1/2 c. 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-1 T. 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 medium slice Broccoli Salad*-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

School Calorie-Controlled Lunch Menu-August 30-September 28, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 30	FRIDAY 31
			Back to School Celebration! Fresh Packed Hamburger Side lettuce, tomato, cheese French Fries From Scratch Cake Fruit 2% Milk	Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil Tzadziki Sauce Greek Potato Wedges Fruit 2% Milk
MONDAY Sep 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
No School	Sandwich on eggwash roll w/ turkey, ham, cheese, tomato s/o mayo/mustard Veggies Cream of Chicken Soup*w/ crackers Dessert 2% Milk	Cavatappi w/ Meatballs Warmed Garlic Brushed Rolls Veggie Fruit 2% Milk	Battered Fish and Chips (Baked Fries) Tarter Sauce Cole Slaw Fruit 2% Milk	BBQ Chicken Breast Cold Pasta Salad w/ diced veggies Fruit (A Rich) Dessert 2% Milk
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk	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
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
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. Sandwich on hamburger bun (tomato, on side) Baked Hand Cut Potato Chips Fruit Lo Cal Dessert 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
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

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