






# September 2017 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
				9-1 <b>Admission Day</b>
9-4 <b>Labor Day</b>	9-5 ** Turkey Hot Dog ** Toasted Cheese Sandwich ** Yogurt & Granola -V * Hash Brown Patties * Mixed Vegetables * Fruit Cup -S * Got Milk	9-6 ** BBQ Pork Sandwich ** Yellow Submarine Sandwich * Forever Tostada Salad -V * Tortilla Chips -S * Vegetarian Baked Beans * Baby Carrots -S * Fruit -S * Got Milk	9-7 ** Cheese Calzone ** Turkey Pastrami & Cheese Croissantwich ** Chicken Caesar Salad with Cheese Bread Stick * Sweet Corn * Garden Salad * Frozen Juice Slush * Got Milk	9-8 ** Breaded Chicken Filet Sandwich ** Home-Style Tuna Sandwich ** Chinese Chicken Salad * Artisan Roll -S * Potato Wedges * Baby Carrots -S * Fruit -S * Got Milk
9-11 ** Cheesy Garlic Bread -V ** Yogurt & Granola -V ** Toasted Cheese Sandwich -V * Mixed Vegetables * Baby Carrots -S * Fruit -S * Got Milk	9-12 ** Beef Taquitos ** Smoked Turkey Breast & Cheese Sandwich ** Italian Chopped Salad * Artisan Roll -S * Fiesta Pinto Beans * Garden Salad * Fruit Cup * Got Milk	9-13 ** Turkey Taco Bean & Cheese Dip ** Yellow Submarine Sandwich * Forever Tostada Salad -V * Tortilla Chips -S * Sweet Corn * Salsa Cup * Fruit -S * Got Milk	9-14 ** Teriyaki Beef & Rice Bowl ** Turkey Pastrami & Cheese Croissantwich ** Chicken Caesar Salad with Cheese Bread Stick * Broccoli * Baby Carrots -S * Frozen Juice Slush * Got Milk 	9-15 ** Manager's Choice ** Home-Style Tuna Sandwich ** Chinese Chicken Salad * Artisan Roll -S * Potato Wedges * Garden Salad * Fruit -S * Got Milk



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**MONDAY**

**TUESDAY**

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**THURSDAY**

**FRIDAY**

## Grades 6-8 Lunch

*MENUS ARE SUBJECT TO CHANGE*

9-18

- ★★ Vegetarian Chili - **V**
- ★★ Toasted Cheese Sandwich - **V**
- ★★ Yogurt & Granola - **V**
- ★ Tortilla Chips - **S**
- ★ Sidewinder Fries
- ★ Baby Carrots - **S**
- ★ Fruit - **S**
- ★ Got Milk

9-19

- ★★ BBQ Pork Rib Sandwich
- ★★ Turkey & Cheese Flatbread Sandwich
- ★★ Italian Chopped Salad
- ★ Artisan Roll - **S**
- ★ Vegetarian Baked Beans
- ★ Hash Brown Patties
- ★ Fruit Cup
- ★ Got Milk

9-20

- ★★ Trio Cheese Enchiladas
- ★★ Yellow Submarine Sandwich
- ★★ Forever Tostada Salad - **V**
- ★ Tortilla Chips - **S**
- ★ Garden Salad
- ★ Salsa Cup
- ★ Fruit - **S**
- ★ Got Milk

9-21

- ★★ Savory Salisbury Steak with Gravy and Biscuit
- ★★ Turkey Pastrami & Cheese Croissant
- ★★ Chicken Caesar Salad with Cheese Bread Stick
- ★ Smashed Potatoes
- ★ Mixed Vegetables
- ★ Frozen Juice Cup
- ★ Got Milk

9-22

- ★★ Breaded Chicken Filet Sandwich
- ★★ Home-Style Tuna Sandwich
- ★★ Chinese Chicken Salad
- ★ Artisan Roll - **S**
- ★ Potato Wedges
- ★ Baby Carrots - **S**
- ★ Fruit - **S**
- ★ Got Milk

9-25

- ★★ Cheesy Garlic Bread - **V**
- ★★ Toasted Cheese Sandwich - **V**
- ★★ Yogurt & Granola - **V**
- ★ Sweet Corn
- ★ Baby Carrots - **S**
- ★ Fruit - **S**
- ★ Got Milk

9-26

- ★★ Turkey Meatball Sub Sandwich
- ★★ Smoked Turkey Breast & Cheese Sandwich
- ★★ Italian Chopped Salad
- ★ Artisan Roll - **S**
- ★ Hash Brown Patties
- ★ Mixed Vegetables
- ★ Fruit Cup
- ★ Got Milk

9-27

- ★ Baja Fish Tacos
- ★★ Yellow Submarine Sandwich
- ★★ Forever Tostada Salad - **V**
- ★ Tortilla Chips - **S**
- ★ Sidewinder Fries
- ★ Salsa Cup
- ★ Fruit - **S**
- ★ Got Milk

9-28

- ★★ Cheese Flatbread
- ★★ Turkey Pastrami & Cheese Croissant
- ★★ Chicken Caesar Salad with Cheese Bread Stick
- ★ Fiesta Pinto Beans
- ★ Baby Carrots - **S**
- ★ Frozen Juice Cup
- ★ Got Milk

9-29

- ★★ Café LA Burger
- ★★ Home-Style Tuna Sandwich
- ★★ Chinese Chicken Salad
- ★ Artisan Roll - **S**
- ★ Potato Wedges
- ★ Garden Salad
- ★ Fruit - **S**
- ★ Got Milk

☞ All of the Grain/Bread items served are whole grain.  
 Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat  
 ★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit or vegetable  
**S**: Items with an (S) can be saved for later  
**V**: Vegetarian items  
 \*\*Farm Fresh Fruits: Apple, Orange, Banana