






# September 2017 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h2>Grades 9-12 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 Croissant ★★ 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 ★ Fruit Juice ★ Got Milk	9-12 ★★ Beef Taquitos ★★ Smoked Turkey Breast & Cheese Sandwich ★★ Italian Chopped Salad ★ Artisan Roll - S ★ Fiesta Pinto Beans ★ Garden Salad ★ Fruit Cup ★ Fruit Juice ★ 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 ★ Fruit Juice ★ Got Milk	9-14 ★★ Teriyaki Beef & Rice Bowl ★★ Turkey Pastrami & Cheese Croissant ★★ Chicken Caesar Salad with Cheese Bread Stick ★ Broccoli ★ Baby Carrots - S ★ Fruit - 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 ★ Fruit Juice ★ Got Milk



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**MONDAY**

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## Grades 9-12 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
- ★ Fruit Juice
- ★ 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
- ★ Fruit Juice
- ★ Got Milk

9-20

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

9-25

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

9-27

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

9-28

- ★★ Cheese Flatbread
- ★★ Turkey Pastrami & Cheese Croissant
- ★★ Chicken Caesar Salad with Cheese Bread Stick
- ★ Fiesta Pinto Beans
- ★ Baby Carrots - S
- ★ Fruit - 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
- ★ Fruit Juice
- ★ 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