



# Lower/Middle School Lunch Menu

## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Labor Day</b>  School Holiday	<b>3</b> <b>Entrée: Taco Tuesday</b> Crispy or Soft Tacos Spanish Rice Pinto Beans Fruit  <b>Mix-It-Up Meal:</b> Hot Dog	<b>4</b> <b>Entrée:</b> Beef or Cheese Ravioli Garlic Breadstick Veggies Side Salad  <b>Mix-It-Up Meal:</b> Steak Fingers	<b>5</b> <b>Entrée: Deli Station</b> Ham, Turkey, or Salami Cheesy Potatoes Veggies Fruit  <b>Mix-It-Up Meal:</b> Chicken Nuggets	<b>6</b> <b>Entrée:</b> Cheese, Pepperoni or Supreme Pizza Veggie Cup Salad Fruit  <b>Mix-It-Up Meal:</b> Pasta Marinara
<b>9</b> <b>Entrée:</b> Chicken Fried Steak Mashed Potatoes Veggies Fruit  <b>Mix-It-Up Meal:</b> Corn Dog	<b>10</b> <b>Entrée:</b> Baked Ziti Garlic Breadstick Side Salad Fruit  <b>Mix-It-Up Meal:</b> Chicken Tenders	<b>11</b> <b>Entrée: Brunch for Lunch</b> Pancakes or Waffle Bacon or Sausage Hash Brown Fruit  <b>Mix-It-Up Meal:</b> BBQ Potato	<b>12</b> <b>Entrée:</b> Baked Tilapia Cilantro Rice Veggies Fruit  <b>Mix-It-Up Meal:</b> Hamburger	<b>13</b> <b>Entrée:</b> Cheese, Pepperoni or Supreme Pizza Veggie Cup Salad Fruit  <b>Mix-It-Up Meal:</b> Pasta Alfredo
<b>16</b> <b>Entrée:</b> Spaghetti w/ Meat Sauce Garlic Breadstick Side Salad Fruit  <b>Mix-It-Up Meal:</b> Hot Dog	<b>17</b> <b>Entrée:</b> Beef Enchiladas Spanish Rice Refried Beans Fruit  <b>Mix-It-Up Meal:</b> Meatball Sub	<b>18</b> <b>Entrée:</b> Grilled Pork Chops Rice Pilaf Veggies Fruit  <b>Mix-It-Up Meal:</b> Chicken Tenders	<b>19</b> <b>Entrée:</b> BBQ Baked Chicken Baked Beans Au Gratin Potatoes Fruit  <b>Mix-It-Up Meal:</b> Grilled Cheese Sandwich	<b>20</b> <b>Entrée:</b> Cheese, Pepperoni or Supreme Pizza Veggie Cup Salad Fruit  <b>Mix-It-Up Meal:</b> Pasta Marinara
<b>23</b> <b>Entrée:</b> Salisbury Steak Mashed Potatoes Veggies Fruit  <b>Mix-It-Up Meal:</b> Chicken Nuggets	<b>24</b> <b>Entrée: Taco Tuesday</b> Beef or Chicken Fajitas Spanish Rice Pinto Beans Fruit  <b>Mix-It-Up Meal:</b> Fish Nuggets	<b>25</b> <b>Entrée: Brunch for Lunch</b> Pancakes or Waffle Bacon or Sausage Hash Brown Fruit  <b>Mix-It-Up Meal:</b> Crispy Chicken Sandwich	<b>26</b> <b>Entrée:</b> Orange Chicken w/ Rice Edamame Egg Roll Fruit  <b>Mix-It-Up Meal:</b> BBQ Sandwich	<b>27</b> <b>Entrée:</b> Cheese, Pepperoni or Supreme Pizza Veggie Cup Salad Fruit  <b>Mix-It-Up Meal:</b> Pasta Alfredo
<b>30</b> <b>Entrée:</b> Chicken Alfredo Garlic Breadstick Side Salad Fruit  <b>Mix-It-Up Meal:</b> Chicken Tenders				

Kid Pix Meal Sides <small>(Served Daily)</small>	Sandwich Shop <small>(Sides Same as Kid Pix Meal)</small>	Salad/Soup Meal <small>(Soup Available Daily)</small>	A La Carte <small>(Served Daily)</small>
Carrot/Celery Sticks Steamed Veggies Baked French Fries/Tots Fresh Fruit	<b>Monday:</b> Ham and Cheese <b>Tuesday:</b> Tuna Salad <b>Wednesday:</b> Chicken Club <b>Thursday:</b> Chicken Caesar Wrap <b>Friday:</b>	<b>Monday:</b> Cobb Salad <b>Tuesday:</b> Santa Fe Salad <b>Wednesday:</b> Greek Salad <b>Thursday:</b> Chef Salad <b>Friday:</b> Caesar Salad	Fresh Fruit Fruit Cups Cheese Stick Baked Chips Yogurt Parfait

**Baked Potatoes Available Daily** (Toppings Include: Butter, Sour Cream, Bacon, Cheddar Cheese, and Chives)

All Meals Include Choice of Beverage (2% White Milk, Fat Free Chocolate Milk, Water or Juice) and Dessert