

Bi-Weekly Lunch Menu
September

Monday Salads	Tuesday Chicken	Wednesday Pizza/Stromboli	Thursday Sandwiches	Friday Pasta/Baked
11 Crispy Chicken Caprese Salad -romaine lettuce -breeding -chicken tenders -mozzarella cheese -tomatoes -balsamic vinaigrette dressing SIDE: Cottage cheese with peaches CJ-4	12 Butter and Garlic Chicken Tenders -garlic -chicken tenders -butter SIDES: French Fries and Breaded Broccoli MF-4	13 Supreme French Bread Pizza -French bread -pizza sauce -pepperoni -Mozzarella cheese -onions -peppers -sausage -ham -mushrooms SIDE: Mixed Berries and yogurt w/granola QP-4	14 Sweet 'n' Sour BBQ Meatball Hoagie -hoagie bun -BBQ Sauce -sweet 'n' sour sauce -ground meat -onion -spicy mayo -provolone cheese SIDES: Tator Tots and cheesy cauliflower TB-4	15 Breakfast Skillet -eggs -cheddar cheese -ham -sausage -potatoes -onions -peppers SIDE: Strawberries and whipped cream AC-5
18 Chef Salad -hardboiled egg -romaine lettuce -turkey -ham -pepperoni -cheddar cheese -salami -ranch dressing SIDE: French Fries GHe-4	19 Beef or Chicken Tacos -ground beef -chicken -fiesta cheese -sour cream -salsa -taco seasoning -shredded lettuce SIDE: Black Beans and Spanish rice JB-4	20 Italian Hoagie Pizza -pizza crust -pizza sauce -turkey, ham -shredded lettuce -American cheese -Italian seasoning -onion -Italian dressing SIDE: Buttered peas BM-4	21 Shake 'n' Bake Fish Sandwich -bun -fish -ranch and herb breading - Cheddar cheese -mayo SIDE: Mac 'n' cheese and seasoned lima beans QP-4	22 Cheesy Hamburger Helper -noodles -cheddar cheese -ground beef SIDE: Sautéed green beans DS-4