



Menu items subject to change. Milk is offered daily with Lunch. 7th-12th grade offered Salad Bar daily. **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Taco on WG Wrap w/Fixings **1**
 Refried Beans, Corn, Fruit, WG Cinnamon Bread Stick
NO SALAD BAR

Chicken & Noodles, **2**
 Mashed Potatoes, Broccoli/Cauliflower, Fruit, WG Roll

Mr. Rib on WG Bun, **3**
 Hashbrown, Green Beans, Fruit

Labor Day **6**
NO SCHOOL

Loaded Nachos **7**
 w/Chips & Fixings, Refried Beans, Lettuce/Romaine, Fruit
 WG Cherry Crisp
NO SALAD BAR

Hot Ham & Cheese **8**
 on WG Bun, Potato Wedges, Carrots, Fruit

Teriyaki Chicken **9**
 Breast, Au Gratin Potatoes, Green Beans, Fruit,
 Garlic Cheddar Biscuit

Meatball Sub Sandwich **10**
 on WG Bun, Tri Tator, Corn, Fruit

Sausage Pizza on WG **13**
 Crust, Lettuce/Romaine, Fruit

Popcorn Chicken, **14**
 Tri Tator, Green Beans, Fruit, Low Fat Chocolate Cake

Hamburger on WG Bun, **15**
 Potato Wedges, Baked Beans, Fruit

Salisbury Steak **16**
 w/Mashed Potatoes & Gravy, Peas, Fruit, WG Roll

WG Corn Dog, Tri Tator, **17**
 Carrots, Fruit

Weiner Wink on WG **20**
 Bread, Roundettes, Green Beans, Fruit, WG Cookie

Chicken Alfredo, **21**
 Lettuce/Romaine, Fruit, WG Bread Stick

Chicken Tenders **22**
 w/BBQ, Tri Tator, Carrots, Fruit

Rotini, Corn, Fruit, WG **23**
 Bread Stick

WG Crispito, Chips **24**
 w/Black Beans Salsa Peas, Fruit

Cheesy Pepperoni, **27**
 Potato Wedges, Broccoli/Cauliflower, Fruit

Egg Patty, Pancake **28**
 Sausage Bites, Tri Tator, Fruit, WG Muffin

Chili Chip w/fixings, **29**
 Corn, Fruit, WG Cinnamon Roll
NO SALAD BAR

Hot Dog on WG Bun, Tri **30**
 Tator, Carrots, Fruit

SEPTEMBER 2021

LUNCH

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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