

# September K-8 Lunch Menu

2017

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <p><b>Menu Subject to Change.</b></p> <p>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</p>                          |   |   |  | <p><b>Swedish Meatballs 1</b></p> <p>½ c Fresh orange (15)<br/>¼ c Diced carrots (9)<br/>2oz Meatballs in Swedish gravy over<br/>1c WG pasta (39)</p>                            |
| <p><b>4</b></p> <p><b>LABOR DAY<br/>NO SERVICE</b></p>  | <p><b>Cheese Pizza 5</b></p> <p>4oz 100% juice (15)<br/>¼ c Fresh baby carrots (9)<br/>WG cheese pizza (37) (2oz meat, 2oz grain)</p>   | <p><b>Chicken Nuggets 6</b></p> <p>½ c Fresh orange (15)<br/>¼ c Tater tots (20)<br/>5 each WG chicken nuggets (12) (2oz meat, 1oz grain)<br/>BBQ packet</p>  | <p><b>Pasta with Meatballs 7</b></p> <p>4oz 100% juice (15)<br/>¼ c Green beans<br/>1c WG pasta (39) with ¼ c marinara sauce<br/>2oz Meatballs</p>                         | <p><b>Fiesta Chicken Bowl 8</b></p> <p>½ c Fresh orange (15)<br/>¼ c Pinto beans (23)<br/>¼ c Kernel Corn (6)<br/>2oz Roasted chicken with ¼ c salsa over 1c Brown rice (44)</p> |
| <p><b>Corn Dog 11</b></p> <p>4oz 100% juice (15)<br/>WG turkey corn dog (30) (2oz meat, 2oz grain)<br/>¼ c Tater tots (20)<br/>Ketchup packet</p>                 | <p><b>Creamy Beef Macaroni 12</b></p> <p>½ c Fresh banana (15)<br/>¼ c Diced carrots (9)<br/>¼ c WG macaroni (20)<br/>2oz Ground beef with brown gravy</p>                            | <p><b>Italian Pasta Salad 13</b></p> <p>½ c Fresh orange (15)<br/>¼ c Fresh celery sticks<br/>1c WG pasta (39) tossed with Italian dressing<br/>2oz Shredded mozzarella cheese</p>                                      | <p><b>Turkey Cheese Melt 14</b></p> <p>4oz 100% juice (15)<br/>¼ c BBQ beans (39)<br/>1.5oz Sliced turkey breast, 0.5oz sliced American cheese on 2oz WG bread (30)</p>    | <p><b>Roasted Chicken Penne 15</b></p> <p>½ c Fresh orange (15)<br/>¼ c Steamed broccoli<br/>2oz Roasted chicken over 1c WG pasta (39) with ¼ c marinara sauce</p>               |
| <p><b>Cheesy Chicken Casserole 18</b></p> <p>4oz 100% juice (15)<br/>¼ c Steamed broccoli<br/>1c Homemade WG cheesy rice (44) with 2oz Roasted chicken</p>        | <p><b>Mac and Cheese 19</b></p> <p>½ c Fresh banana (15)<br/>¼ c BBQ beans (39)<br/>1c WG pasta (39) with 2oz equ cheese sauce</p>  | <p><b>Ham Cheese Sandwich 20</b></p> <p>½ c Fresh orange (15)<br/>4oz 100% juice (15)<br/>¼ c Fresh celery sticks<br/>1.5oz Sliced turkey ham, 0.5oz sliced American cheese on 2oz WG bread (30)<br/>Mustard packet</p> | <p><b>Cheesy Turkey Tetrizzini 21</b></p> <p>4oz 100% juice (15)<br/>1c Peas and carrots (10)<br/>¼ c WG pasta (20)<br/>2oz Roasted turkey with Parmesan cream sauce</p>   | <p><b>Homemade Chicken Salad 22</b></p> <p>½ c Fresh orange (15)<br/>2oz equ Homemade chicken salad on 1.5oz WG bun (19)<br/>¼ c Fresh baby carrots (9)</p>                      |
| <p><b>Turkey Sausage Pizza 25</b></p> <p>4oz 100% juice (15)<br/>¼ c Fresh baby carrots (9) with ranch<br/>WG turkey sausage pizza (36) (2oz meat, 2oz grain)</p> | <p><b>Pasta with Meat Sauce 26</b></p> <p>½ c Fresh banana (15)<br/>¼ c Green beans<br/>1c WG pasta (39) with ¼ c Marinara sauce and 1.5oz Ground beef, 0.5oz Shredded mozzarella</p> | <p><b>Hot Dog 27</b></p> <p>½ c Fresh orange (15)<br/>¼ c Vegetarian baked beans (39)<br/>2oz Turkey hot dog on 1.5oz WG hot dog bun (21)<br/>Ketchup packet</p>  | <p><b>Creamy Beef Casserole 28</b></p> <p>4oz 100% juice (15)<br/>¼ c Tater tots (20)<br/>2oz Ground beef with brown gravy over ½ c Brown rice (22)<br/>Ketchup packet</p> | <p><b>Mac and Cheese 29</b></p> <p>½ c Fresh orange (15)<br/>¼ c Broccoli<br/>2oz equ Cheese sauce over 1c WG pasta (59) (2oz grain, 2oz meat)</p>                               |