

September 2021 – HS Lunch

All meals include 1/2 Pint Milk

Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pork and Peas Steamed Brown Rice Corn and Carrots Mixed Fruit Whole Grain Roll	Pizza Chili Steamed Brown Rice Cabbage Salad Banana Whole Grain Roll	Fish Sticks Steamed Brown Rice Tossed Salad Mandarin Oranges 1 PKT Tartar sauce
6	7	8	9	10
HAPPY LABOR DAY!	Bean and Cheese Taco Won Bok Tomato Bean Salad Mandarin Orange	Pork Adobo w/ Potatoes Steamed Brown Rice Carrots and Green Beans Watermelon Whole Grain Roll	Spaghetti w/ Meat Sauce Pineapple Rockin' Coleslaw Whole Grain Roll	Chicken Corn Dog Apple Seasoned Zucchini and Potatoes
13	14	15	16	17
Oven Fried Chicken Steamed Brown Rice Steamed Carrots Mixed Fruit Whole Grain Roll	Hot Diggidy Dog Banana Rockin' Coleslaw	Pork and Cabbage Steamed Brown Rice Corn Mandarin Orange Whole Grain Roll	Chicken Chili Steamed Brown Rice Seasoned Onions, Potatoes, and Broccoli Apple Whole Grain Roll	Cheese Pizza Tossed Salad Watermelon
20	21	22	23	24
Chicken Luau Steamed Brown Rice Lomi Tomato Salad Fruit Cocktail Whole Grain Roll	Chicken Nuggets Steamed Brown Rice Peas and Carrots Apple	Pork Stir Fry Steamed Brown Rice Corn Mandarin Orange Whole Grain Roll	Chili Con Carne w/ Vegetables Steamed Brown Rice Green Beans Banana Corn Muffin	Tuna Sandwich Watermelon Tofu Salad
27	28	29	30	
Smokin' BBQ Chicken Steamed Brown Rice Watermelon Steamed Carrots Whole Grain Roll	Hamburger on Bun Romaine Lettuce Yummy Seasoned Potatoes Apples	Pork and Peas Steamed Brown Rice Corn and Carrots Mixed Fruit Whole Grain Roll	Pizza Chili Steamed Brown Rice Cabbage Salad Banana Whole Grain Roll	

This institution is an equal opportunity provider.