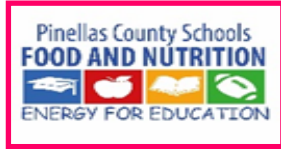


September 2024 K to 12 Lunch Menu



Fun Fact!

Snap Beans

- Snap beans can be green, yellow, purple, speckled, and more
- Green beans have a high level of vitamin K.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable

Daily Lunch Choices

Choose 1:

- Meat / Meatless Entrée,
- Entrée Salads,
- Cold Sandwiches

Must Choose at least 1:

- Hot & Cold Vegetables
- Variety of Fruits & Juices (may choose up to 2 servings each of fruits & veggies with their meal)

May Choose 1 Milk:

- Low Fat White,
- Fat Free Chocolate,
- Fat Free Strawberry or
- Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Happy LABOR DAY</p>	<p>3</p> <p>Choose One: Beef or Pork Tacos Mini Cheese Calzones Chicken Caesar Salad Any Timers Cheese Pizza Choose: Refried Fiesta Beans Marinara Sauce Cup Sliced Cucumber Side Salad</p>	<p>4</p> <p>Choose One: Tangerine Chicken w/ Rice & Fortune Cookie Macaroni & Cheese Apple a Day Salad Plate PBJ Uncrustable Kit Choose: Broccoli Florets House Mixed Side Salad</p>	<p>5</p> <p>Choose One: Pizza Variety Crispy Chicken Sandwich Chicken BLT Salad Any Timers Turkey & Cheese Choose Deli Roasted Potato Romaine Side Salad</p>	<p>6</p> <p>Choose One: Breakfast for Lunch Alaskan Fish Sticks & Tater Tots Basket Fruit & Yogurt Plate PBJ Uncrustable Kit Choose Crispy Tator Tots Carrot Dippers Side Salad</p>
<p>9</p> <p>Choose One: Grilled Cheese Grilled Ham & Cheese Cherry Blossom Chicken w/ Lo Mein & Fortune Cookie Apple a Day Salad Plate PBJ Uncrustable Kit Choose: Tomato Soup Farmstand Veggie Dippers</p>	<p>10</p> <p>Choose One: Max Snax Quesadilla Chicken Cheese Quesadilla Meat Lovers Stromboli Chicken Caesar Salad Any Timers Cheese Pizza Choose: Green Beans Marinara Sauce Cup • Salsa Cup Sliced Cucumber Side Salad</p>	<p>11</p> <p>Choose One: Cheesy Bread Popcorn Chicken Bowl Yogurt, Fruit & Granola Parfait PBJ Uncrustable Kit Choose: Mashed Potato & Gravy Corn Niblets Marinara Sauce Cup</p>	<p>12</p> <p>Choose One: Pizza Variety Chicken & Veg Dumplings w/ Chicken Stir-Fried Rice Chicken Caesar Wrap Any Timers Turkey & Cheese Choose: Broccoli Florets Romaine Side Salad</p>	<p>13</p> <p>Choose One: Hamburger on a Bun Cheeseburger on a Bun Baja Fish Tacos w/Tortillas Fruit & Yogurt Plate PBJ Uncrustable Kit Choose: Country Baked Beans Carrot Dippers Side Salad</p>
<p>16</p> <p>Choose One: Chicken Tenders & Waffles Cheese Pizza Crunchers Chicken BLT Salad PBJ Uncrustable Kit Choose: Corn Niblets Farmstand Veggie Dippers</p>	<p>17</p> <p>Choose One: Cheese Max Sticks BBQ Pork & Cheese Nachos Crispy Chicken Wrap Any Timers Cheese Pizza Choose: Santa Fe Black Beans Marinara Sauce Cup • Salsa Cup Sliced Cucumber Side Salad</p>	<p>18</p> <p>Choose One: Teriyaki Beef Dippers w/Rice & Fortune Cookie Battered Chicken Corn Dog Yogurt, Fruit & Granola Parfait PBJ Uncrustable Kit Choose: Crinkle Crispy Fries House Mixed Side Salad</p>	<p>19</p> <p>Choose One: Pizza Variety Breaded Chicken Drumstick w/ Macaroni & Cheese Apple a Day Salad Plate Chicken Caesar Wrap Any Timers Turkey & Cheese Choose Green Beans Romaine Side Salad</p>	<p>19</p> <p>Choose One: Chicken Penne Alfredo w/ Garlic Bread Crunchy Breaded Alaskan Fish Sandwich Fruit & Yogurt Plate PBJ Uncrustable Kit Choose: Broccoli Florets Carrot Dippers Side Salad</p>
<p>23</p> <p>No School Teacher Work Day</p>	<p>24</p> <p>Choose One: Beef or Pork Tacos Mini Cheese Calzones Chicken Caesar Salad Any Timers Cheese Pizza Choose: Refried Fiesta Beans Marinara Sauce Cup Sliced Cucumber Side Salad</p>	<p>25</p> <p>Choose One: Tangerine Chicken w/ Rice & Fortune Cookie Macaroni & Cheese Apple a Day Salad Plate PBJ Uncrustable Kit Choose: Broccoli Florets House Mixed Side Salad</p>	<p>26</p> <p>Choose One: Pizza Variety Crispy Chicken Sandwich Chicken BLT Salad Any Timers Turkey & Cheese Choose Deli Roasted Potato Romaine Side Salad</p>	<p>27</p> <p>Choose One: Breakfast for Lunch Alaskan Fish Sticks & Tater Tots Basket Fruit & Yogurt Plate PBJ Uncrustable Kit Choose Crispy Tator Tots Carrot Dippers Side Salad</p>
<p>30</p> <p>Choose One: Grilled Cheese Grilled Ham & Cheese Cherry Blossom Chicken w/ Lo Mein & Fortune Cookie Apple a Day Salad Plate PBJ Uncrustable Kit Choose: Tomato Soup Farmstand Veggie Dippers</p>			<p>PAY FOR SCHOOL MEALS ONLINE</p>	<p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>

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