

September Middle & High School Lunch Carbs

Monday	Tuesday	Wednesday	Thursday	Friday
9-1 Labor Day	9-2 NO SCHOOL	9-3 Chicken Parmesan Sandwich 51 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Cut Carrots 7 Romaine 2 Cauliflower 3 Fruit Cocktail 13 Apple 15 Orange 20	9-4 Mini Corn Dogs 25 & Mac & Cheese 23 Crispy Chicken Sandwich 46 Cheese Bosco 34 & Marinara 5 Broccoli Salad 5 Romaine & Spinach 2 Rosy Applesauce 22 Apple/Banana 15/31	9-5 Walking Taco 36 Cheese/Hamburger 32 & Sun Chips 18 Pizza Slice 32 Black Beans 20 Roasted Corn & Black Beans 14 Romine/Green Pepper 2/5 Peaches 14 Grapes/Orange 15/20 Cookie 18
9-8 Meatball Sub 35 Spicy Chicken Sandwich 39 Pizza Bosco 29 Corn 15 Romaine/Carrots 2/6 Pears 13 Pineapple 16 Apple/Orange 15/20 Cookie 18	9-9 Snack 'N Waffle 30 & Sausage 0 Cheese/Hamburger 32 & Sun Chips 18 Potato Triangles 21 Romaine & Spinach 2 Broccoli 6 Peaches 14 Banana/Orange 31/20	9-10 Hot Dog 30 & Sun chips 18 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Baked Beans 30 Romaine 2 Cauliflower 3 Applesauce 14 Orange /Apple 20/15	9-11 Teriyaki Chicken & Rice 47 Cheese/Hamburger 32 & Sun Chips 18 Pizza Slice 32 California Veggies 16 Romaine & Spinach 2 Cucumbers 3 Fruit Cocktail 13 Apple/Banana 15/31	9-12 Quesadilla 39 Crispy Chicken Sandwich 39 Cheese Bosco 34 & Marinara 5 Green Beans 5 Romaine/Red Pepper 2/5 Wild Cherry Frozen Fruit Cup 18 Grapes/Orange 15/20
9-15 Chicken Tenders 20 & Roll 29 Spicy Chicken Sandwich 39 Pizza Bosco 29 California Veggies 15 Romaine/Carrots 2/6 Pears 13 Apple/Orange 15/20 Chocolate Pudding 13	9-16 French Toast 35 & Sausage 0 Cheese/Hamburger 32 & Sun Chip 18 Pizza Slice 32 Skillet Potatoes 19 Romaine & Spinach/Grape Tomatoes 2/3 Garbanzo Beans 1 TBS 18 Mandarin Oranges 13 Banana/Orange 31/20	9-17 Corn Dog 30 Crispy Chicken Sandwich 39 Cheese Bosco 34 & Marinara 5 Broccoli Salad 5 Romaine & Spinach 2 Peaches 14 Apple 15 Banana 31	9-18 Country Breaded Steak 19 & Roll 29 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Mashed Potatoes 19 & Gravy 5 Romaine & Spinach 2 Rosy Applesauce 22 Apple 15 Banana 31	9-19 Walking Taco 36 Cheese/Hamburger 32 & Sun Chips 18 Pizza Slice 32 Black Beans 20 Roasted Corn & Black Beans 14 Romine/Green Pepper 2/5 Peaches 14 Grapes/Orange 15/20
9-22 Chicken Nuggets 17 & Roll 29 Spicy Chicken Sandwich 39 Pizza Bosco 29 Baked Beans 30 Romaine/ Carrots 2/13 Pineapple 16 Apple/Orange 15/20 Cookie 18	9-23 Dutch Waffle 43 & Sausage 0 Cheese/Hamburger 32 & Sun Chip 18 Pizza Slice 32 Potato Triangles 21 Romaine & Spinach/ Broccoli 2/6 Pears 13 Banana/Orange 31/20	9-24 Mozzarella Sticks 14 & Marinara 5 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Cut Carrots 7 Romaine/Cauliflower 2/3 Lemon Berry Frozen Fruit Cup 18 Orange/ Apple 20/15	9-25 Meatball Sub 35 Cheese/Hamburger 32 & Sun Chips 18 Pizza Slice 32 California Veggies 16 Romaine & Spinach 2 Cucumbers 3 Cinnamon Applesauce 17 Apple/Banana 15/31	9-26 Teriyaki Chicken & Rice 47 Crispy Chicken Sandwich 39 Cheese Bosco 34 & Marinara 5 Peas & Carrots 8 Romaine & Red Peppers 2/5 Peaches & Pears 13 Grapes /Orange 15/20
9-29 Chicken Tenders 20 & Roll 29 Spicy Chicken Sandwich 39 Pizza Bosco 29 Cheesy Mashed Potatoes 19 Romaine/Carrots 2/13 Pears 13 Apple/Orange 20/15 Vanilla Pudding 28	9-30 French Toast 35 & Sausage 0 Cheese/Hamburger 32 & Sun Chip 18 Pizza Slice 32 Skillet Potatoes 19 Romaine & Spinach/Grape Tomatoes 2/3 Garbanzo Beans 1 TBS 18 Mandarin Oranges 13 Banana/Orange 31/20			
Cold Options Daily: Uncrustable, String Cheese, Sun Chips 32+0+18 Yogurt Meal 22 Grain Varies Hummus Meal 15+28 Veggies Varies	Fresh Fruit Options: Apple, Orange, Banana Grapes Upon availability.	Chocolate Milk 23 White Milk 13 Apple Juice 15		

