






## September 2019 PRE-K through 8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spotlight Fruit of the Week:</b> Bananas	September 2 	September 3 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* Capri Blend Veggies Mixed Fruit	September 4 Chicken Caesar Wrap* Black Beans Pineapple  OR CHEESY NACHO'S	September 5 Orange Chicken White Rice Sliced Carrots Applesauce	September 6 Turkey Pepperoni Personal Pan Pizza* Green Beans Pears  OR 5" Personal Cheese Pizza
<b>Spotlight Fruit of the Week:</b> Fresh Pears	September 9 Boneless Chicken Wings with BBQ Dipping Sauce & Buffalo Ranch Dipping Cup California Blend Veggies Peaches	September 10  KC BBQ Beef Sandwich on a Bun* Kettle-Baked Beans Mixed Fruit	September 11 BBQ Chicken Flatbread* Baby Carrots Pineapple  OR CRUNCHY BEEF TACOS	September 12 Handcrafted Mac & Cheese* & Apple Jammer Breadstick Green Peas Applesauce	September 13 4-Meat Pizza* Broccoli Florets Pears  OR CHEESY PIZZA SLICE
<b>Spotlight Fruit of the Week:</b> Grapes	September 16 Bean & Cheese Chalupa* with Garnish Cup & Salsa Handmade Spanish Rice Green Beans Snickerdoodle Cookie* Peaches	September 17 BBQ Rib Sandwich on a Bun* <sup>A</sup> Corn Mixed Fruit	September 18 Grilled Chicken Sandwich on a Pretzel Roll* with Lettuce & Tomato Kettle-Baked Beans Pineapple OR CHEESY NACHOS	September 19 Spaghetti with Turkey Meatballs & Marinara Broccoli Florets Applesauce	September 20 <b>NO SCHOOL</b> STAFF DEVELOPMENT DAY
<b>Spotlight Fruit of the Week:</b> Bananas	September 23 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Kettle-Baked Beans Peaches	September 24 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Mixed Fruit	September 25 Campfire Beef Stew with Ranch-Flavored Potato Wedges Spiced Apples & Cream Pineapple OR TURKEY SOFT TACOS 	September 26 Roasted BBQ Chicken Leg with Twisted Garlic Breadstick* Sliced Carrots Applesauce	September 27 Turkey Pepperoni Personal Pan Pizza* Broccoli Florets Pears  OR 5" Personal Cheese Pizza
<b>Spotlight Fruit of the Week:</b> Fresh Pears	September 30 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	Get out your backpacks! The Culinary Explorations crew is touring America's national parks during the 2019-20 school year. Our first destination is Yellowstone. Did you know that Yellowstone is the world's first national park? It was founded in 1872. Yellowstone is larger than the states of Delaware and Rhode Island combined. In fact, this national park is spread out over three states: Wyoming, Montana, and Idaho. This month, you can embrace the outdoor lifestyle with campfire beef stew and spiced apples and cream. Yum!			

### Served Each Day:

Salad / Fresh Fruit / Sunbutter & Jelly Sandwich\* with Yogurt Cup / Milk (1% & Skim White Plus Fat-Free Chocolate)

### Additional Fresh Entrées Offered Daily:

**Monday** – All-American Cheeseburger on a Bun\*

**Tuesday** – Chicken Nuggets\* with Twisted Breadstick\* & BBQ Dipping Sauce

**Wednesday** – Super Nachos\* with Salsa or Taco\* with Garnish Cup & Salsa (on alternating weeks)

**Thursday** – Plain or Spicy Breaded Chicken Sandwich\* with Lettuce & Tomato

**Friday** – Pizza\* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

This institution is an equal opportunity provider