


 A banner for the September lunch menu. It features a red rectangular box with the word "SEPTEMBER" in white, bold, sans-serif capital letters. The background is a colorful illustration of a landscape with rolling green hills, a blue sky with a yellow sun, and several trees with autumn-colored leaves (red, orange, yellow). In the bottom left corner, there is a small illustration of four children sitting on the grass and eating.

SEPTEMBER

Monday**Tuesday****Wednesday****Thursday****Friday**

1

Chicken & Gravy
Brown Rice
Seasoned Green Beans & Carrots
Sliced Peaches
Milk, 1% or Fat Free
Whole Grain Roll

2

Chicken & Cheese Empanada
w/Cheese Sauce
Corn with Tajin seasoning
Pinto Beans
Mixed Fruit
Milk, 1% or Fat Free

3

Chicken Alfredo Noodles
Steamed Broccoli
Cucumber Slices w/
Ranch Dressing
Garlic Bread Stick
Pineapple Tidbits Cup
Milk, 1% or Fat Free

4

Turkey & Cheese Sandwich
Potato Tater Tots
Romaine Lettuce Salad
w/Croutons & Ranch Dressing
Fresh Fruit
Milk, 1% or Fat Free
* Condiments

7

LABOR DAY

8

Chicken Cheese Crispito
w/Cheese Sauce
Corn with Tajin seasoning
Cucumber Slices
Sliced Peaches
Milk, 1% or Fat Free

9

Fish Sticks
w/Tarter Sauce
Mac & Cheese
Steamed Broccoli
Mixed Fruit
Milk, 1% or Fat Free

10

Turkey Nachos
Romaine Lettuce Salad
w/Croutons & Ranch Dressing
Pinto Beans
Pineapple Tidbits Cup
Milk, 1% or Fat Free
Cheese Sauce

11

Cheese Pizza
Baby Carrots
Celery Sticks
Fresh Fruit
Milk, 1% or Fat Free
Ranch Dressing

14

Cheese Burger
Ranch Seasoned Fries
Cherry tomatoes
Fresh Fruit
Milk, 1% or Fat Free
*Condiments

15

Baked Chicken
Mashed Potatoes w/Gravy
Coleslaw
Whole Grain Roll
Sliced Peaches
Milk, 1% or Fat Free

16

Orange Chicken
Brown Rice
Steamed Broccoli
& Carrots
Mixed Fruit
Milk, 1% or Fat Free

17

Chicken Fajita Taco
Romaine Lettuce Salad
w/Croutons & Ranch Dressing
Pinto Beans
Pineapple Tidbits Cup
Milk, 1% or Fat Free

18

Mozzarella Cheese Sticks
w/Marinara Sauce
Potato Tater Tots
Celery Sticks
Fresh Fruit
Milk, 1% or Fat Free
Ketchup & Ranch Dressing

21

Chicken Sandwich
Waffle Fries
Cucumber Slices
Fresh Fruit
Milk, 1% or Fat Free
* Condiments

22

Chicken & Gravy
Brown Rice
Seasoned Green Beans & Carrots
Sliced Peaches
Milk, 1% or Fat Free
Whole Grain Roll

23

Chicken & Cheese Empanada
w/Cheese Sauce
Corn with Tajin Seasoning
Pinto Beans
Mixed Fruit
Milk, 1% or Fat Free

24

Spaghetti/Turkey
Green Beans
Romaine Lettuce Salad
w/Croutons & Ranch Dressing
Garlic Bread Stick
Pineapple Tidbits Cup
Milk, 1% or Fat Free

25

Turkey & Cheese Sandwich
Potato Tater Tots
Celery Sticks
Fresh Fruit
Milk, 1% or Fat Free
* Condiments

28

Chicken Nuggets
Ranch Seasoned Fries
Cherry tomatoes
Fresh Fruit
Milk, 1% or Fat Free
Ketchup & Ranch Dressing

29

Baked Chicken
Steamed Broccoli
w/Cheese Sauce
Steamed Carrots
Whole Grain Roll
Sliced Peaches
Milk, 1% or Fat Free

30

Stir Fry Noodles
Romaine Lettuce Salad
w/Croutons & Ranch Dressing
Garbanzo Beans
Mixed Fruit
Garlic Bread Stick
Milk, 1% or Fat Free

Menu subject to change. This institution is an equal opportunity provider.

* Condiments: ketchup, mayonnaise, mustard, & ranch dressing