



# 2020 September Menu



DISTANCE LEARNING THROUGH OCTOBER 2.

\*MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A</b> <b>31</b>	<b>B</b> <b>1</b>	<b>B</b> <b>2</b>	<b>A</b> <b>3</b>	<b>B</b> <b>4</b>
<b>Breakfast:</b> Kalua Quesadilla, Peach (Orange) <b>Lunch:</b> Corn Dog, Potato Rounds, Veggie Sticks with Hummus (Pineapple)	<b>Breakfast:</b> Fruit Smoothie, Whole Grain Toast (Apple) <b>Lunch:</b> Meatloaf with Gravy, Steamed Rice, Mixed Fruit, Broccoli & Carrots	<b>Breakfast:</b> Ham Links with Rice, Mixed Fruit (Orange) <b>Lunch:</b> Chicken Tenders, Steamed Rice, Peaches, Veggie Sticks, Spinach & Romaine	<b>Breakfast:</b> Whole Grain Waffle with Syrup, Peaches (Apple) <b>Lunch:</b> Pepperoni Pizza, Pineapple, Veggie Sticks (Edamame)	<b>Breakfast:</b> Maple Pancake, Pineapple (Orange) <b>Lunch:</b> Chili, Steamed Rice, Mixed Fruit, Corn
<b>7</b>	<b>B</b> <b>8</b>	<b>A</b> <b>9</b>	<b>A</b> <b>10</b>	<b>B</b> <b>11</b>
<b>LABOR DAY</b> <b>No Meal Service</b>	<b>Breakfast:</b> Pancake with Syrup, Peaches, Apple <b>Lunch:</b> Hot Dog in Bun, Potato Wedge, Pineapple, Veggie Stick	<b>Breakfast:</b> Cinnamon Roll, Mixed Fruit, Apple <b>Lunch:</b> Popcorn Chicken, Steamed Rice, Mixed Fruit, Rainbow Salad, Corn	<b>Breakfast:</b> Apple Muffin, Peaches, Orange <b>Lunch:</b> Chicken Patty Sandwich, Pineapple, Veggies Sticks, Baked beans	<b>Breakfast:</b> Port. Sausage, Fried Rice, Pineapple, Apple <b>Lunch:</b> Korean Chicken, Steam Rice, Peaches, Baby Carrots/ Romaine/Spinach/Edamame
<b>A</b> <b>14</b>	<b>B</b> <b>15</b>	<b>B</b> <b>16</b>	<b>A</b> <b>17</b>	<b>B</b> <b>18</b>
<b>Breakfast:</b> Pepperoni Pizza Stick, Mixed Fruits, Orange <b>Lunch:</b> Hamburger Steak, Gravy, Whipped Potato, Peaches, Carrots & Corn	<b>Breakfast:</b> Ham Link in Roll, Peaches, Apples <b>Lunch:</b> Incredible Burger with Cheese, Pineapple, Rainbow Salad, Edamame	<b>Breakfast:</b> Pork Sausage Link, Steam Rice, Pineapple, Orange. <b>Lunch:</b> Asian Chicken, Steam Rice, Mixed Fruits, Edamame & Carrots	<b>Breakfast:</b> Papaya Bread, Mixed Fruits, Apples <b>Lunch:</b> Cheese Pizza, Peaches, Spinach, Romaine, Veggie Sticks	<b>Breakfast:</b> Portuguese Sausage, Fried Rice, Pineapple (Orange) <b>Lunch:</b> Corn Dog, Potato Rounds, Mixed Fruit, Coleslaw
<b>A</b> <b>21</b>	<b>B</b> <b>22</b>	<b>A</b> <b>23</b>	<b>A</b> <b>24</b>	<b>B</b> <b>25</b>
<b>Breakfast:</b> Pizza Bagel, Pineapple, Apple <b>Lunch:</b> Chicken Patty, Steamed Rice, Mixed Fruit, Broccoli/ Carrots	<b>Breakfast:</b> Cold Cereal, Whole Grain Toast, Peaches, Orange <b>Lunch:</b> Hamburger, Potato wedge, Veggie Sticks with Hummus, Pineapple	<b>Breakfast:</b> Bagel with Cream Cheese, Pineapple, Apples <b>Lunch:</b> Spaghetti and Meat Sauce, Peaches, Spinach/ Romaine, Veggie Sticks	<b>Breakfast:</b> Portuguese Sausage, Steamed Rice, Mix Fruits, Orange <b>Lunch:</b> Chicken Broccoli, Steam Rice, Mixed Fruits, Corn	<b>Breakfast:</b> Cinnamon Roll, Peaches, Apple <b>Lunch:</b> Pastrami Sandwich, Pineapple, Rainbow Salad, Veggie Sticks, Edamame
<b>A</b> <b>28</b>	<b>B</b> <b>29</b>	<b>B</b> <b>30</b>	<b>A</b> <b>1</b>	<b>B</b> <b>2</b>
<b>Breakfast:</b> Pepperoni Pizza Stick, Pineapple, Orange <b>Lunch:</b> Chicken Tenders, Steamed Rice, Peaches, Broccoli/Corn	<b>Breakfast:</b> Bagel with Cream Cheese, Peaches, Apple <b>Lunch:</b> Sloppy Joe, Pineapple, Veggie Sticks, Baked Beans	<b>Breakfast:</b> Whole Grain Pancake with Syrup, Pineapple, Orange <b>Lunch:</b> Chicken Florentine, Mixed Fruits, Rainbow Salad	<b>Breakfast:</b> Gingerbread Cake, Yogurt, Mixed Fruits, Apple <b>Lunch:</b> Cheese Pizza, Peaches, Baby Carrots, Spinach, Romaine, Edamame Salad	<b>Breakfast:</b> Pork Links with Rice, Peaches, Orange <b>Lunch:</b> Tuna Sandwich, Potato Wedge, Pineapple, Veggie Sticks

This Institution is an equal opportunity provider

All Lunch comes with a choice of 1% or skim milk, 1/2 pint