

SEPT.

LUNCH 2016-2017

ALL MENUS IS SUBJECT TO CHANGE

WG=WHOLE GRAIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 BEEF STEW & STEAMED RICE MIXED FRUITS OR W/G CORNBREAD	30 CREOLE MACARONI & PEACHES VEGGIE STIX & W/G FRENCH BREAD	31 WEINER ON W/G BUN & POTATO ROUNDS BAKE BEANS GARDEN SALAD OR OR APPLE	1 CHICKEN TENDERS & STEAMED RICE & PINEAPPLE OR LETTUCE & TOMATO baby carrots	2 RST. TURKEY WGRAVY & WHIP POTATO AND ORANGE edamame/carrot/corn OR W/G ROLL
5 LABORDAY NO SCHOOL	6 PULLED CHICKEN & WHIP POTATO & GRAVY & APPLES EDAMAME/CORN OR W/G ROLL	7 BAKED SPAGHETTI & PEACHES SPINACH/ ROMAINE OR W/G FRENCH ROLL	8 ITALIAN SAUSAGE PIZZA & FRUIT JUICE OR BAKE BEANS OR baby carrots oR OR GARDEN SALAD	9 KALUA CABBAGE & STEAMED RICE & PINEAPPLE LOMI TOMATO OR
12 BEEF STEW & STEAMED RICE MIXED FRUITS OR W/G CORNBREAD	13 CREOLE MACARONI & PEACHES VEGGIE STIX OR W/G FRENCH BREAD	14 WEINER ON W/G BUN & POTATO ROUNDS OR BAKE BEANS GARDEN SALAD OR OR APPLE	15 CHICKEN FINGERS & STEAMED RICE & PINEAPPLE OR LETTUCE & TOMATO baby carrots	16 RST. TURKEY WGRAVY & WHIP POTATO AND ORANGE edamame/carrot/corn OR W/G ROLL
19 potato crunch fish & RICE AND POM SWIRL RAINBOW SALAD OR BAKE BEANS	20 CHICKEN TENDERS ON SHR. CABBAGE & STM RICE BROCCOLI/CARROTS OR APPLE SC.	21 NACHO/BEEF & BEAN & FRUIT JUICE GARDEN SALAD	22 ASIAN CHICKEN ON SHREDD. CABBAGE RICE & PEACHES VEGETABLE MEDLEY & WG ROLL	23 CHS. BURGER ON W/G BUN & POT. WEDGE baby carrots or LETTUCE OR TOMATO OR APPLE WEDGE
26 CHICKEN PATTY W/ WG BUN ,OVEN FRIES LETTUCE OR TOMATO OR ORANGE WEDGE	27 BAKED SPAGHETTI & PEACHES SPINACH/ ROMAINE OR W/G FRENCH ROLL	28 PULLED CHICKEN & WHIP POTATO & GRAVY & APPLES EDAMAME/CORN OR W/G ROLL	29 ITALIAN SAUSAGE PIZZA & FRUIT JUICE OR BAKE BEANS OR baby carrots OR GARDEN SALAD	30 KALUA CABBAGE & STEAMED RICE & PINEAPPLE LOMI TOMATO OR

ALL LUNCH COMES WITH CHOICE OF 1% OR SKIM MILK , 1/2 PINT

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