



September Lunch Menu

No Pork Products Served

Monday	Tuesday	Wednesday	Thursday	Friday
3  HAPPY LABOR DAY	4 ✓ Pasta Bolognese Broccoli Pineapple Tidbits	5 ✓ Oven Baked BBQ Chicken ✓ Whole Grain Cheese & Garlic Crouton Savory Baked Beans Banana	6 Italian Stuffed Peppers Seasoned Corn Anjou pear	7 ✓ Cheese Pizza Slice Baby Carrots w/ Ranch Dressing Grapes
10 ✓ Breaded Chicken Filet Sandwich ✓ Whole Grain Dinner Roll California Blend Fruit Punch	11 Fresh Super Beef Nachos Cajun Black Beans Fresh Pico De Gallo Applesauce Cup	12 ✓ Parmesen Pesto Cheese Tortellini Roasted Baby Carrots Sweet Frozen Strawberries	13 Tuna Salad Sandwich Tater Tots Anjou pear	14 ✓ Chicken Nuggets Broccoli Orange
17 ✓ Pulled BBQ Turkey Sandwich Garlic and Herb Roasted Potatoes Banana	18 ✓ Crunchy Fish Bites Roasted Baby Carrots Sliced Apples	19 ✓ Teriyaki Meatballs w/ Pineapple Brown Rice Oriental Vegetables Sliced Peaches	20 Chicken Tinga Tacos Theme Meal 2018 Red Beans Theme Meal 2018 Orange ✓ Assorted Fruit Churro	21 ✓ Fresh Baked Pizza Chilled Baby Carrots w/ Ranch Grapes
24 Chicken Fajitas Chilled Black Bean & Corn Salad Sliced Apples	25 Turkey Chili Bowl Salted Yellow Tortilla Chips Roasted Sweet Potatoes Sliced Peaches	26 ✓ Meatball Sub California Blend Orange	27 ✓ General Tso Chicken w/ Rice and Vegetable Egg Roll Taco Salad Broccoli Banana	28 ✓ Chicken Nuggets French Fries Anjou pear

Milk Selections

Choice of 8oz milk offered daily

1% Plain

Fat Free Plain

Fat Free Chocolate

Fat Free Strawberry



This institution is an equal opportunity provider.

LINTONSO
Food Service Management