

<p>Sept 5</p> <p>No School Labor Day</p>	<p>Beef and Cheese Nachos (recipe) with Tostito Chips -2 Chicken Patty Sandwich-1 (Tyson #17117) Shredded Romaine -1cup Refried Beans -1/2 cup Salsa -2 oz.</p>	<p>Italian Meatball Sub -1 Chicken Wrap –(Recipe) (Buffalo Chicken Proview) Sweet Potato Fries –3/4 cup Green Beans -1/2c Pears -1/2</p>	<p>Chicken Chunks -5 (Proview) Dinner Roll-1 oz Pulled Pork Sandwich -4 oz Broccoli-1/2 cup Summer Squash – ½ cup Pineapple Tidbits- ½ cup</p>	<p>Sept 12 BD Pizza Manager's Choice Corn ½ cup Peas-1/2 cup Carrot Sticks w/dip-1/2 cup Mixed Fruit-12 cup Frozen Fruit Cup- ½ cup</p>
<p>Sept 12 Dilled Chicken Breast Sandwich (Proview) Hot Dog -1 Ketchup/Mustard - 1 each California Blend-1/2 cup Rosy Applesauce -1/2 cup</p>	<p>Taco Salad with Fritos-1 Taco Sauce/Lite Sour Cream BBQ Beef Rib Sandwich-1 Romaine Lettuce -1 cup Black Bean Fiesta- ½ cup Pineapple- ½ cup</p>	<p>Chicken Penne Bacon Cheeseburger-1 Ketchup/Mustard - 1 each Ketchup -2 Prince Edward Vegetables-1/2 c Peaches -1/2 cup</p>	<p>Ling's General Tso Chicken With Fried Rice Fish Sandwich-1/Tartar Sauce- 1 Diced Carrots -3/4 cup Peas- ½ cup Mandarin Oranges- ½ cup</p>	<p>Grilled Cheese Sandwich Manager's Choice - 2 Gr Twister Fries Mixed Vegetables -1/2 cup Baby Carrots w/ Dip – ¾ cup Mixed Fruit- ½ cup 100% Fruit Juice- 6 oz</p>
<p>Sept 19 Double Cheeseburger Ketchup/Mustard - 1 each Chicken Filet (Proview) Sandwich-1 Sweet Potato Fries– ¾ cup Baked Beans-1/2 cup Pears- ½ cup</p>	<p>Smothered Burrito Chicken Philly Sandwich Refried Beans Romaine Side Salad -1 cup Corn– ½ cup Pineapple Tidbits - ½ cup</p>	<p>Turkey & Gravy –6 oz With Dinner Roll -2 oz Pork Chop Sandwich-1 Mayo/ Ketchup /Mustard- 1 Mashed Potatoes -1/2 c Gravy-1 oz California Blend Veg.-1/2 c Mixed Fruit- ½ cup</p>	<p>Beef & Broccoli Rice Bowl (recipe) Asian Sauce Sloppy Joe on Bun Broccoli-1/2cup Green Beans Mandarin Oranges – ½ cup</p>	<p>Big Daddy's Primo Pizza Manager's Choice Side Salad Cooked Carrots Rosy Applesauce -1/2 cup Frozen Fruit Cup- ½ cup</p>
<p>Sept 26 Philly Cheese Sandwich -1 Chicken Tenders-4 With Garlic Bread Stick -1 Spinach -1/2 cup Cauliflower- ½ cup Peaches-1/2 cup</p>	<p>Burrito-1 Sour Cream/Salsa BBQ Beef Rib Sandwich-1 Shredded Romaine Lettuce -1 cup Salsa- 2 oz Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup</p>	<p>French Toast -2 With Sausage Patty-2 Bratwurst/Bun Seasoned Potato Cubes-1/2 c Prince Edward Blend-1/2 c Ketchup/Mustard - 1 each Rosy Applesauce-1/2 cup</p>	<p>Ling's General Tso Chicken With Fried Rice Fish Sandwich-1/Tartar Sauce- 1 Green Beans Diced Carrots -3/4 cup Peas- ½ cup Mandarin Oranges- ½ cup</p>	<p>Calzone -1 With Marinara Sauce – 2 oz Manager's Choice Conquest Fries – ½ cup Ketchup -2 Side Salad Mixed Fruit- ½ cup 100 % Juice- 6 oz – ¾ cup</p>

*Contains Pork

Students may take 2 scoops of one vegetable or 2 different vegetables to equal 1 cup

8 oz. nonfat and low fat unflavored milk is served with all meals