



# September 2018

## K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Drum Sticks  Brown Rice Carrots Fruit  <b style="text-align: right;">3</b>	Beef Tacos w/Cheese  Whole Grain Soft Tortilla Black Beans & Corn Fruit  <b style="text-align: right;">4</b>	Sweet & Sour Meatballs (Turkey)  Brown Rice Broccoli Fruit  <b style="text-align: right;">5</b>	Cheese Quesadilla  Mixed Vegetables Fruit w/Sour Cream  <b style="text-align: right;">6</b>	WG Turkey-Pepperoni Pizza  Green Peas Fruit  <b style="text-align: right;">7</b>
Chicken Parmesan  Whole Grain Pasta Broccoli Fruit  <b style="text-align: right;">10</b>	Macaroni & Cheese  Green Peas Fruit  <b style="text-align: right;">11</b>	Hot Dog (Beef)  Whole Wheat Hot Dog Bun Baked Beans Fruit Ketchup & Mustard  <b style="text-align: right;">12</b>	Chicken Nachos with Cheddar Cheese  Baked Tortilla Chips Corn Fruit  <b style="text-align: right;">13</b>	Whole Grain Cheese Pizza  Carrots Fruit  <b style="text-align: right;">14</b>
Turkey Bolognese w/Parmesan Cheese  Whole Grain Pasta Green Peas Fruit  <b style="text-align: right;">17</b>	BBQ Texas Burger w/Onion Rings  Whole Wheat Bun Baked Beans Fruit  <b style="text-align: right;">18</b>	Honey Mustard Chicken  Brown Rice Broccoli Fruit  <b style="text-align: right;">19</b>	Chicken w/Waffle  w/Whole Grain Waffle Sweet Potato Fries Fruit Syrup  <b style="text-align: right;">20</b>	WG Turkey-Pepperoni Pizza  Mixed Vegetables Fruit  <b style="text-align: right;">21</b>
Chicken Quesadilla  Broccoli Fruit w/Sour Cream  <b style="text-align: right;">24</b>	Turkey Meatball Sub w/Marinara  Whole Grain Sub Roll Green Beans Fruit  <b style="text-align: right;">25</b>	Fajita Style Chicken Rice Bowl  Brown Rice Black Beans & Corn Fruit  <b style="text-align: right;">26</b>	Vegetable Lasagna w/ Florentine Sauce  Green Peas Fruit  <b style="text-align: right;">27</b>	Whole Grain Cheese Pizza  Carrots Fruit  <b style="text-align: right;">28</b>