

# **SEPTEMBER**

**For the 2021–2022 School Year, all breakfasts and lunches will be At No Cost to ALL Students.**

## **Daily Offerings**

In addition to the daily menu, a variety of fresh fruits, small side salads, raw vegetables and homemade sandwiches, signature salads, and beverages are offered.

### **Homemade Sandwiches**

Deli Sandwiches  
Peanut Butter and Jelly

### **Rotating Signature Salads**

Chef Salad  
Caesar Salad  
Chicken Tender Salad  
Turkey Salad  
Asian Salad  
Popcorn Chicken Salad  
Garden Salad

### **Beverages**

Milk: 1% low-fat and fat free varieties  
100% Juice varieties  
10 oz. Bottled Water

## **Monthly Promotion**

- Every Friday is cookie Friday. Each child who gets a lunch on Friday gets a fresh baked cookie
- National Ice Cream Cone Day – celebrate by letting your child purchase an ice cream for only \$1.00
  - Item of the Month: Mac & Cheese is back this year!
    - Salad of the Month: Garden Salad
    - National Cheese Pizza Day

## **What Makes a Meal?**

Breakfast – To make a breakfast, you must choose one fruit or vegetable, plus 2-3 additional items.

Lunch – To make a lunch, you must choose one fruit or vegetable, plus 2-4 additional items.

Scroll down to see this month's menu

## September 2021 Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<u>08/30/2021</u> <ul style="list-style-type: none"> <li>• Chicken Tenders w/ Homestyle Roll</li> <li>• <b>Mini Turkey Corn Dogs</b></li> <li>• Mixed Blend Vegetables</li> <li>• Sugar Snap Peas</li> <li>• Honey Glazed Carrots</li> </ul>	<u>08/31/2021</u> <ul style="list-style-type: none"> <li>• Hot Ham &amp; Cheese Croissant</li> <li>• Loaded Baked Potato</li> <li>• <b>Chicken Parmesan</b></li> <li>• Spinach</li> <li>• Baked Apples</li> <li>• Whole Kernel Corn</li> </ul>	<u>09/01/2021</u> <ul style="list-style-type: none"> <li>• Cheeseburger or Hamburger</li> <li>• <b>Turkey Hot Dog</b></li> <li>• Green Beans</li> <li>• Oven Baked Fries</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>09/02/2021</u> <ul style="list-style-type: none"> <li>• Chicken Quesadilla</li> <li>• Loaded Baked Potato</li> <li>• Mexicali Rice</li> <li>• Broccoli</li> <li>• Refried Beans</li> </ul>	<u>09/03/2021</u> <ul style="list-style-type: none"> <li>• Choice of Pizza: Cheese or Pepperoni</li> <li>• <b>Breaded Chicken Sandwich</b></li> <li>• Mac &amp; Cheese</li> <li>• Peas &amp; Carrots</li> <li>• Mixed Blend Vegetables</li> <li>• Friday Treat</li> </ul>
<u>09/06/2021</u> <ul style="list-style-type: none"> <li>• Labor Day – System Closed</li> </ul>	<u>09/07/2021</u> <ul style="list-style-type: none"> <li>• Cheeseburger or Hamburger</li> <li>• Loaded Baked Potato</li> <li>• <b>Meatball Sub</b></li> <li>• Baked Apples</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>09/08/2021</u> <ul style="list-style-type: none"> <li>• Mini Turkey Corn Dogs</li> <li>• Italian Chicken Sub</li> <li>• <b>Grilled Cheese</b></li> <li>• Broccoli</li> <li>• Oven Baked Fries</li> </ul>	<u>09/09/2021</u> <ul style="list-style-type: none"> <li>• Chicken Fajitas</li> <li>• Popcorn Chicken w/ Homestyle Roll</li> <li>• Loaded Baked Potato</li> <li>• Mexicali Rice</li> <li>• Whole Kernel Corn</li> </ul>	<u>09/10/2021</u> <ul style="list-style-type: none"> <li>• Choice of Pizza: Cheese or Pepperoni</li> <li>• Turkey Hot Dog</li> <li>• <b>Breaded Chicken Sandwich</b></li> <li>• Honey Glazed Carrots</li> <li>• Northern White Beans</li> <li>• Friday Treat</li> </ul>
<u>09/13/2021</u> <ul style="list-style-type: none"> <li>• Chicken Nuggets w/ Homestyle Roll</li> <li>• Cheeseburger or Hamburger</li> <li>• Buttery Carrots</li> <li>• Green Beans</li> </ul>	<u>09/14/2021</u> <ul style="list-style-type: none"> <li>• Chicken Parmesan</li> <li>• Mini Turkey Corn Dogs</li> <li>• Loaded Baked Potato</li> <li>• <b>Cheese Pizza</b></li> <li>• Baked Apples</li> <li>• Yellow Squash</li> </ul>	<u>09/15/2021</u> <ul style="list-style-type: none"> <li>• Chicken Pot Pie</li> <li>• Beef Hot Dog</li> <li>• <b>Ham &amp; Cheese Croissant</b></li> <li>• Oven Baked Fries</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>09/16/2021</u> <ul style="list-style-type: none"> <li>• Soft Chicken Tacos</li> <li>• Loaded Baked Potato</li> <li>• <b>Soft Beef Tacos</b></li> <li>• Broccoli</li> <li>• Whole Kernel Corn</li> </ul>	<u>09/17/2021</u> <ul style="list-style-type: none"> <li>• Choice of Pizza: Cheese or Pepperoni</li> <li>• Fish Pollock Sticks w/ Hushpuppies</li> <li>• <b>Breaded Chicken Sandwich</b></li> <li>• Baked Beans</li> <li>• Peas &amp; Carrots</li> <li>• Friday Treat</li> </ul>
<u>09/20/2021</u> <ul style="list-style-type: none"> <li>• Cheeseburger or Hamburger</li> <li>• Chicken Tenders w/ Homestyle Roll</li> <li>• Oven Baked Fries</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>09/21/2021</u> <ul style="list-style-type: none"> <li>• Pasta w/ Meat Sauce &amp; Garlic Toast</li> <li>• <b>Mini Turkey Corn Dogs</b></li> <li>• Loaded Baked Potato</li> <li>• Brussels Sprouts</li> <li>• Baked Apples</li> </ul>	<u>09/22/2021</u> <ul style="list-style-type: none"> <li>• Popcorn Chicken w/ Homestyle Roll</li> <li>• <b>BBQ Chicken Sandwich</b></li> <li>• Honey Glazed Carrots</li> <li>• Broccoli</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>09/23/2021</u> <ul style="list-style-type: none"> <li>• Cheese Enchiladas</li> <li>• Breaded Chicken Sandwich</li> <li>• Loaded Baked Potato</li> <li>• Texas Ranchero Beans</li> <li>• Whole Kernel Corn</li> </ul>	<u>09/24/2021</u> <ul style="list-style-type: none"> <li>• Choice of Pizza: Cheese or Pepperoni</li> <li>• BBQ Pork Sandwich</li> <li>• Buttery Carrots</li> <li>• Baked Beans</li> <li>• Friday Treat</li> </ul>
<u>09/27/2021</u> <ul style="list-style-type: none"> <li>• Salisbury Steak w/ Gravy</li> <li>• Breaded Drumstick</li> <li>• Homestyle Roll</li> <li>• Mashed Potatoes w/ Gravy</li> <li>• Green Peas</li> </ul>	<u>09/28/2021</u> <ul style="list-style-type: none"> <li>• Chicken Alfredo</li> <li>• Chicken Nuggets</li> <li>• Homestyle Roll</li> <li>• Loaded Baked Potato</li> <li>• Broccoli</li> <li>• Baked Apples</li> </ul>	<u>09/29/2021</u> <ul style="list-style-type: none"> <li>• Chicken Corn Dog</li> <li>• Cheese Calzone</li> <li>• Texas Ranchero Beans</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>09/30/2021</u> <ul style="list-style-type: none"> <li>• Beef Nachos</li> <li>• <b>Pulled Chicken Nachos</b></li> <li>• Loaded Baked Potato</li> <li>• Pinto Beans</li> <li>• Whole Kernel Corn</li> </ul>	<u>10/01/2021</u> <ul style="list-style-type: none"> <li>• Choice of Pizza: Cheese or Pepperoni</li> <li>• Breaded Chicken Sandwich</li> <li>• Peas &amp; Carrots</li> <li>• Baked Beans</li> <li>• Friday Treat</li> </ul>

This institution is an equal opportunity provider. Menus are subject to change without notice.