

# September 2018 HS

A complete combo meal includes 1/2 cup fruit or vegetable plus two additional components



## SCHOOL LUNCH

### WHAT'S COOKING?

	1	2	3
<b>Labor Day/No School 3</b>	<b>4</b> Chicken Tender Strips Crispy Chicken Sandwich Pizza Slice Chicken Caesar Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Broccoli & Cheese/Salad Bar/ Strawberries & Peaches	<b>5</b> Chicken Parmesan Sandwich Boneless Hot Wings & Pasta Pizza Slice Chicken Bacon Ranch Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Sunshine Carrots/Italian Pasta Salad/Salad Bar/Fruit Cocktail	<b>6</b> Mini Corn Dogs & MacN Cheese Spicy Chicken Sandwich Pizza Slice Buffalo Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal California Mixed Veggies/Salad Bar/ Rosy Applesauce/Vanilla Pudding
<b>7</b> Fajita Chicken Bowl Cheese/Hamburger & Sunchips Cheese Bosco w/Marinara Spicy Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Taco Fiesta Black Beans/Roasted Corn & Black Beans/Salad Bar/Peaches	<b>10</b> Cinnamon Twist & Sausage Cheese/Hamburger & Sunchips Pizza Bosco Southwest Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Potato Triangles/Salad Bar/Mandarin Oranges & Pineapple	<b>11</b> Hot Dog & Sunchips Crispy Chicken Sandwich Pizza Slice Chicken Caesar Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Chili Cup/Salad Bar/Strawberries & Bananas/Cinnamon Roll	<b>12</b> Meatball Sub Sandwich Boneless Wings & Sunchips Pizza Slice Chicken Bacon Ranch Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Corn/Salad Bar/Applesauce
<b>13</b> Beef Quesadilla Spicy Chicken Sandwich Pizza Slice Buffalo Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Peas & Carrots/Salad Bar/Fruit Cocktail	<b>14</b> Walking Taco Cheese/Hamburger & Sunchips Cheese Bosco w/Marinara Spicy Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Taco Fiesta Beans/Shredded Lettuce/ Salad Bar/Wild Cherry Frozen Fruit Cup	<b>17</b> French Toast Sticks & Sausage Cheese/Hamburger & Sunchips Pizza Bosco Southwest Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Skillet Potato/Baby Carrots/Salad Bar/ Mandarin Oranges/Chocolate Pudding	<b>18</b> Corn Dog Crispy Chicken Sandwich Pizza Slice Chicken Caesar Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Broccoli & Cheese/Grape Tomatoes/ Salad Bar/Strawberries & Peaches
<b>19</b> Country Steak Sandwich Boneless Hot Wing & Pasta Pizza Slice Chicken Bacon Ranch Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Cheesy Mashed Potatoes/Ranch Pasta/ Salad Bar/Fruit Cocktail	<b>20</b> Chicken Tender Strips & Roll Spicy Chicken Sandwich Pizza Slice Buffalo Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal California Veggies/Green Peppers/Salad Bar/Peaches	<b>21</b> Fajita Chicken Bowl Cheese/Hamburger & Sunchips Cheese Bosco w/Marinara Spicy Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Taco Fiesta Black Beans/Roasted Corn & Black Beans/Chopped Tomatoes/Salad Bar/Rosy Applesauce/Sugar Cookie	<b>24</b> Dutch Waffle & Sausage Cheese/Hamburger & Sunchips Pizza Bosco Southwest Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Potato Triangles/Salad Bar/Pineapple
<b>25</b> Chicken Nuggets & Roll Crispy Chicken Sandwich Pizza Slice Chicken Caesar Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Mashed Potatoes & Gravy/Salad Bar/ Strawberries & Bananas/Brownie	<b>26</b> Cheese Stuffed Burger Boneless Wings & Sun Chips Pizza Slice Chicken Bacon Ranch Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Fries/Salad Bar/Lemon Berry Swirl	<b>27</b> Spaghetti & Meatballs Spicy Chicken Sandwich Pizza Slice Buffalo Chicken Salad Sub Sandwich Uncrustable Meal Yogurt Meal Hummus Meal Baked Beans/Salad Bar/Cinnamon Applesauce	<b>28</b> <b>Professional Day/ No School</b>