



# McDowell Mountain School Lunch Menu

## September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>NO SCHOOL</b> Labor Day</p> <p style="color: red; font-style: italic; font-size: 1.2em;">Happy Labor Day!!</p>	<p>3</p> <p>Orange Chicken w/ Brown Rice BBQ Beef Riblet Crispy Chicken Salad</p> <p>Sautéed Corn Chilled Mixed Fruit</p>	<p>4</p> <p>Breakfast for Lunch Pancakes &amp; Turkey Sausage Char-Broiled American Cheeseburger Buffalo Chicken Salad</p> <p>Steamed Broccoli Fresh Banana</p>	<p>5</p> <p>Fresh Baked Cheese or Pepperoni* Pizza BBQ Pulled Turkey Sandwich Deli Turkey and Cheese Sub</p> <p>Ranchero Beans Fresh Orange Smiles</p>	<p>6</p> <p>Pasta W/ Meat Sauce Broiled Hot Dog Yoplait Yogurt, String Cheese &amp; Graham Crackers</p> <p>Steamed Green Beans Chilled Mixed Fruit</p>

ALL SALADS ARE SERVED WITH A WHOLE GRAIN ROLL

<p>9</p> <p>Fresh Baked Cheese or Pepperoni* Pizza Grilled Cheese &amp; Tomato Soup Sun Butter &amp; Jelly Sandwich &amp; S</p> <p>Tender Peas Chilled Applesauce</p>	<p>10</p> <p>Spaghetti w/ Meatballs Whole Grain Breaded Chicken Patty Burger Turkey &amp; Cheese Sub</p> <p>Seasoned Green Beans Red Delicious Apples</p>	<p>11</p> <p>Meaty Cheesy Nachos Bacon Char-Broiled American Cheeseburger Chicken Caesar Salad w/ Roll</p> <p>Refried Beans Fresh Banana</p>	<p>12</p> <p>Whole Grain Breaded Chicken Nuggets &amp; Waffles AZ Chili Dog Chef Salad w/ Dinner Roll</p> <p>Glazed Citrus Carrots Fresh Orange Smiles</p>	<p>13</p> <p>Cheese &amp; Bean Burrito Chicken Patty Burger Yogurt W/ Graham Crackers &amp; String Cheese</p> <p>Steamed Broccoli Chilled Pears</p>
<p>16</p> <p>Cheese Enchiladas AZ Hot Dog on a Bun Italian Sub Sandwich</p> <p>Steamed Pinto Beans Chilled Pears</p>	<p>17</p> <p>Chicken Pot Pie Whole Grain Corn Dog AZ Sun Butter &amp; Jelly Sandwich w/ String Cheese</p> <p>Steamed Broccoli Gold Delicious Apples</p>	<p>18</p> <p>Macaroni &amp; Cheese w/ Fish Patty Meatball Sub Pueblo Salad w/ Dinner Roll</p> <p>Seasoned Carrot Coins Fresh Banana</p>	<p>19</p> <p>Fresh Baked Cheese or Pepperoni* Pizza Char-Broiled American Cheeseburger Taco Salad</p> <p>Steamed Cauliflower Apple Juice</p>	<p>20</p> <p>Cheese Quesadilla Chicken Burger on Bun American Sub Sandwich</p> <p>Sautéed Corn Chilled Applesauce</p>

WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS

<p>23</p> <p>Chicken Nuggets w/ Roll Char-Broiled American Cheeseburger Yogurt w/ Graham Crackers &amp; String Cheese</p> <p>Oven Baked Potato Wedges Chilled Pears</p>	<p>24</p> <p>Spiral Noodles and Meat Sauce Chicken Burger Sandwich on Bun Turkey Ham Sub On a Roll</p> <p>Steamed Broccoli Fresh Red Delicious Apple</p>	<p>25</p> <p>Fresh Baked Cheese or Pepperoni* Pizza Corn Dog Chef Salad</p> <p>Steamed Green Beans Fresh Banana</p>	<p>26</p> <p>Meaty Cheesy Nachos BBQ Beef Rib Sandwich Turkey Ham &amp; Cheese Sandwich</p> <p>Steamed Black Beans Fresh Orange Smiles</p>	<p>27</p> <p>Bean &amp; Cheese Burrito Grilled Cheese Sandwich Sun Butter &amp; Jelly Sandwich w/ String Cheese</p> <p>Steamed Carrot Coins Chilled Applesauce</p>
<p>30</p> <p>Chili Frito Pie Baked Chicken Tenders w/ Roll Italian Sub</p> <p>Steamed Corn Chilled Peaches</p>	<p>10/1</p> <p>Orange Chicken w/ Brown Rice BBQ Beef Riblet Crispy Chicken Salad</p> <p>Seasoned Carrot Coins Fresh Delicious Apples</p>	<p>10/2</p> <p>Breakfast for Lunch Pancakes &amp; Turkey Sausage Char-Broiled American Cheeseburger Buffalo Chicken Salad</p> <p>Steamed Broccoli Fresh Banana</p>	<p>10/3</p> <p>Fresh Baked Cheese or Pepperoni* Pizza BBQ Pulled Turkey Sandwich Deli Turkey and Cheese Sub</p> <p>Ranchero Beans Fresh Orange Smiles</p>	<p>10/4</p> <p>Chicken Burger Sandwich Broiled Hot Dog Yoplait Yogurt, String Cheese &amp; Graham Crackers</p> <p>Steamed Green Beans Chilled Mixed Fruit</p>

OUR MILK IS A LOCAL PRODUCT
  ALL FRESH FRUIT & VEGGIES ARE CLEAN PRODUCTS

### USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.

Nutritional information is available at the food service office.

Menu subject to change without notice.  
\*Indicates pork product



"This institution is an equal opportunity provider."