


# September 2019

## North Cedar Elementary Lunch Menu



Students have choice of a hot main entrée item and a meat and cheese sandwich. 5<sup>th</sup> and 6<sup>th</sup> grade students have a weekly specialty main entrée option.

Sept 3-6: Chef Salad  
Sept 17-20: Yogurt Parfait  
Sept 23-27: Cobb Salad  
Sept 30: Turkey Ranch Wrap



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

No School 2

Chicken Fajitas on Tortilla Shell, Salsa, Sour Cream 3  
Fiesta Black Beans, Shredded Cheese, Grilled Peppers & Onions  
Applesauce, Pineapple, Fruit of Choice, Vegetable Bar, Milk

Breaded Pork Chop, Corn Mashed Potatoes, Gravy 4  
Butter Pat, WG Roll, K, M, BBQ Applesauce, Pears  
Fruit of Choice, Vegetable Bar Milk of Choice

Sloppy Joes on WG Bun 5  
Tater Tots, Carrots K, M, Pickle, Onion  
Applesauce, Orange Wedges  
Fruit of Choice, Vegetable Bar Milk of Choice

Breaded Chicken Patty or Spicy Chicken Patty 6  
on WG Bun, Parsley Potatoes Peas, K, M, BBQ, Honey Mustard Pickle, Onion, Applesauce, Peaches, Fruit of Choice, Vegetable Bar Milk of Choice

Crispito 9  
Spanish Rice, Salsa, Sour Cream Shred Cheese or Cheese Sauce  
Applesauce, Fruit Cocktail  
Fruit of Choice, Vegetable Bar Milk of Choice

Hot Ham & Cheese on WG Bun, Oven Fries 10  
Peas, K, M  
Applesauce, Mandarin Oranges  
Fruit of Choice, Vegetable Bar Milk of Choice

Popcorn Chicken, WG Roll 11  
Mashed Potatoes, Gravy, Corn Butter Pat, K, M, BBQ, Honey Mustard, Applesauce, Fresh Sliced Apples, Fruit of Choice, Vegetable Bar, Milk of Choice

Chicken Alfredo 12  
WG Breadstick  
Broccoli, Parmesan Cheese  
Applesauce, Pineapple  
Fruit of Choice, Vegetable Bar Milk of Choice

Corn Dog or Hot Dog on WG Bun, Chips, Baked Beans, K, M, Onion  
Applesauce, Pears  
Fruit of Choice, Vegetable Bar, Milk of Choice

No School 16

Walking Tacos with WG Doritos, Refried Beans 17  
Refried Beans, Shredded Cheese Salsa, Sour Cream, Churro  
Applesauce, Orange Wedges  
Fruit of Choice, Veg Bar, Milk

Orange Chicken 18  
Brown Rice, Broccoli  
Fortune Cookie  
Applesauce, Sidekick Slushie  
Fruit of Choice, Vegetable Bar Milk of Choice

Lasagna 19  
WG Breadstick  
Green Beans, Parmesan Cheese  
Applesauce, Pineapple  
Fruit of Choice, Vegetable Bar Milk of Choice

Pizza Crunchers 20  
Marinara Cup  
Carrots, Ice Cream Cup  
Applesauce, Mandarin Oranges  
Fruit of Choice, Vegetable Bar Milk of Choice

Totally Tacos 23  
Spanish Rice, Salsa  
Sour Cream, Baked Cinnamon Apples, Applesauce, Pineapple  
Fruit of Choice, Vegetable Bar Milk of Choice

Chicken Tenders 24  
Parsley Potatoes, Peas K, M, BBQ, Honey Mustard  
Applesauce, Sliced Pears  
Fruit of Choice, Vegetable Bar Milk of Choice

French Toast Sticks 25  
Sausage Links, Hash Brown Patty Syrup, Ketchup, 100% Juice  
Strawberries & Bananas  
Applesauce, Vegetable Bar Milk of Choice

Salisbury Steak, Gravy 26  
Mashed Potatoes, Corn Butter Pat, B&B Sandwich, K,M  
Applesauce, Mandarin Oranges  
Fruit of Choice, Vegetable Bar Milk of Choice

Grilled Chicken Sandwich 27  
on WG Bun, Oven Fries K, M, BBQ, Mayo, Pickle, Onion  
Applesauce, Sliced Peaches  
Fruit of Choice, Vegetable Bar Milk of Choice

Corn Dog or Cheddarwurst on WG Bun, Baked Beans, K, M  
Pickle, Onion, Applesauce  
Pineapple, Fruit of Choice  
Vegetable Bar, Milk of Choice 30

