

# September 2020 Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 <b>Beef, Bean &amp; Cheese Burrito</b> Black Beans Salsa Fruit Assorted Milk (615 Cal, 60 Carbs)	2 <b>Chicken Nuggets</b> Mixed Veggies with Ranch Fruit Assorted Milk (610 Cal 61 Carbs)	3 <b>T. Ham Sandwich on a Bun</b> Romaine Lettuce & Tomato Baked Chips Fruit Assorted Milk (580-600 Cal, 48 Carbs)	4 <b>Pizza</b> Romaine Mixed Salad Fruit Assorted Milk (595 Cal, 80 Carbs)	5
6	7 <b>Labor Day</b>	8 <b>w.g Tortilla Chips Hummus</b> Celery Sticks Mozzarella Stick Fruit Assorted Milk (620 Cal 64 Carbs0)	9 <b>Cheeseburgers</b> W/ Pickles Carrot Sticks Fruit Assorted Milk (580-600 Cal, 80 Carbs)	10 <b>Chicken Nuggets</b> Mixed Veggies with Ranch Fruit Assorted Milk (610 Cal 61 Carbs)	11 <b>Pizza</b> Romaine Mixed Salad Fruit Assorted Milk (595 Cal, 80 Carbs0)	12
13	14 <b>T. Breast Sandwich on a Bun</b> Romaine Lettuce & Tomato Baked Chips Fruit Assorted Milk (580-600 Cal, 48 Carbs)	15 <b>Cheeseburgers</b> W/ Pickles Carrot Sticks Fruit Assorted Milk (580-600 Cal, 80 Carbs)	16 <b>Chicken Nuggets</b> French Fries Fruit Assorted Milk (610 Cal, 61 Carbs)	17 <b>T. Ham Wrap w/ Cheese</b> Roasted Chickpeas Fruit Assorted Milk (640 Cal, 65 Carbs)	18 <b>Pizza</b> Romaine Mixed Salad Fruit Assorted Milk (595 Cal, 80 Carbs0)	19
20	21 <b>Pretzel &amp; Cheese</b> Carrot Sticks Mozzarella Cheese Sticks Fruit Assorted Milk (640 Cal, 90 Carbs)	22 <b>Beef, Bean &amp; Cheese Burrito</b> Black Beans Fruit Assorted Milk (615 Cal, 60 Carbs)	23 <b>Chicken Caesar Wrap</b> Potato Salad Fruit Assorted Milk (610 Cal, 61 Carbs)	24 <b>T. Breast Sandwich on a Bun</b> Romaine Lettuce & Tomato Baked Chips Fruit Assorted Milk (580-600 Cal, 48 Carbs)	25 <b>Pizza</b> Romaine Mixed Salad Fruit Assorted Milk (595 Cal, 80 Carbs)	26
27	28 <b>T. Ham Sandwich on a Bun</b> Macaroni Salad Fruit Assorted Milk (640 Cal, 65 Carbs)	29 <b>Cheeseburgers</b> W/ Pickles Carrot Sticks Fruit Assorted Milk (580-600 Cal, 80 Carbs)	30 <b>Chicken Nuggets</b> Mixed Veggies with Ranch Fruit Assorted Milk (610 Cal 61 Carbs)			

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All breakfast served with 100% Fruit Juice.