



Menu

SEPTEMBER 2019

Continental Elementary School

Come and Enjoy "Taco Tuesday"
Don't Forget to Fill up your plate with
1/2 cup of Fresh Fruit or Veggies

Monday

2
In additional to our daily entrée choice, Ham and Cheese sandwiches are available upon request

9
Sloppy Joes
Dorito Chips
Fresh Salad
Peaches
Variety Of Milk

16
Chicken Tenders
Mashed Potatoes/ Gravy
Apples
Variety of Milk

23
Chicken Nuggets
Scalloped Potatoes
Fresh Fruit
Variety of Milk

30
Chicken Teriyaki
Steamed Rice
Broccoli
Fruit Cocktail
Variety of Milk

Tuesday

3
Beef Tacos
Corn
Mixed Fruit
Variety of Milk

10
Turkey Tacos
Ranch Beans
Mixed Fruit
Variety of Milk

17
Roll Chicken Taquitos
Corn
Peaches
Variety of Milk

24
Beef Tacos
Corn
Peaches
Variety of Milk

Wednesday

4
Chicken Alfredo
Broccoli
Peaches
Variety of Milk

11
Creamed Chicken/ Rice
Broccoli
Oranges
Variety of Milk

18
Beef/Potato Burritos
Fresh Salad
Mixed Fruit
Variety of Milk

25
Orange Chicken / Rice
Mixed Veggies
Oranges
Variety of Milk

Thursday

5
Hamburger Helper
Mixed Veggies
Pears
Variety of Milk

12
Ham/Cheese Melt
Tomato Soup
Applesauce
Variety of Milk

19
Meatball Sub
Broccoli
Fresh Fruit
Variety of Milk

26
Oven Roasted Chicken
Dinner Roll
Fresh Salad
Pears
Variety of Milk

Friday

6
Chicken Patty Sandwich
French Fries
Oranges
Variety of Milk

13
Mini Corn Dogs
Carrot /Celery Sticks
Mixed Fruit
Variety of Milk

20
French Bread Pizza
Broccoli/Carrot Stick
Strawberries
Variety Milk

27
Sonoran Hot Dogs
Pinto Beans
Apples
Variety of Milk

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