

# SEPTEMBER 2021 LUNCH

Milk contains no artificial growth hormones or antibiotics.


We use heart healthy whole-grain breads and serve 100% fruit juice.

Nutrition and allergen information available at

Milk is available with all meals [www.FSPro.com](http://www.FSPro.com)

Menu items do not contain pork. \*Menu Subject to Change\*

AB/SSL

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Entrée Salad Available Daily Starting Sept. 13th!</b></p> <p><b>Yogurt w/Granola</b> – Creamy flavored yogurt with a side of nut-free granola.  <b>Fresh Apple &amp; Cheese Plate</b> – A zesty pairing of apple slices &amp; reduced-fat cheddar cheese cubes.  <b>Beef Nacho Salad</b> – Seasoned ground beef and shredded cheddar on a bed of romaine salad mix.  <b>All-American Salad</b> – A classic combination of turkey and turkey ham plus shredded cheddar &amp; mozzarella cheese arranged on romaine salad mix.  <b>Chicken Caesar Salad</b> – Crisp romaine salad mix tossed with diced chicken and shredded parmesan cheese.  <b>Popcorn Chicken Salad</b> – Crispy popcorn chicken &amp; shredded cheddar cheese are stacked on romaine salad mix.</p> <p><i>See daily menu offerings for Entrée Salad type being offered and its accompaniments; Daily vegetable, fruit and milk available with each entrée.</i></p>		<p>1</p> <p><b>Pizza Crunchers +</b> or <b>All American Cheese Melt +</b></p> <p>Refried Beans Fresh Fruit</p>	<p>2</p> <p><b>Classic Hamburger</b> Ketchup or <b>Chicken Tenders</b> Breadstick / BBQ Sauce</p> <p>Tater Tots / Ketchup Fresh Fruit</p>	<p>3</p> <p><b>Turkey Combo &amp; Cheese Sub / Mustard</b> or <b>Chicken Penne Pasta w/ Tomato Cream Sauce</b> Dinner Roll</p> <p>Spinach Salad / Ranch Dressing Baby Carrots 100% Fruit Juice Mini Rice Krispie Treat</p>
<p>6</p> 	<p>7</p> <p><b>Italian Cheese &amp; Garlic Cheesy Pull Aparts +</b> Pizza Dipping Sauce or <b>Strawberry Splash Pancakes</b> Poultry Sausage</p> <p>French Fries / Ketchup Craisins</p>	<p>8</p> <p><b>All American Cheese Melt +</b> or <b>Cheesy Baked Penne +</b></p> <p>Steamed Green Beans 100% Fruit Juice</p>	<p>9</p> <p><b>Chicken Parmesan Sandwich</b> or <b>Hot Diggity Dog</b> Ketchup</p> <p>Steamed Broccoli Flavored Applesauce</p>	<p>10</p> <p><b>Beef &amp; Cheese Soft Tacos</b> Taco Sauce or <b>Cheesy Flatbread +</b></p> <p>Black Beans Baby Carrots Fresh Fruit</p>
<p>13</p> <p><b>Turkey Sausage Flatbread</b> or <b>Mini Corn Dogs</b> Mustard or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears</p> <p>BBQ Black Beans Baby Carrots Craisins</p>	<p>14</p> <p><b>Hot Diggity Dog</b> Ketchup or <b>Country Chicken Nugget Bowl</b> or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels</p> <p>Steamed Carrots Flavored Applesauce</p>	<p>15</p> <p><b>Maple Mini Waffles</b> Poultry Sausage or <b>Classic Hamburger</b> Ketchup or <b>Beef Nacho Salad</b> Tostitos Scoops / Scooby Doo Grahams</p> <p>Tater Tots / Ketchup Fresh Fruit</p>	<p>16</p> <p><b>Popcorn Chicken</b> Breadstick / BBQ Sauce or <b>Chili Cheese Burrito</b> or <b>Strawberry Yogurt w/ Granola +</b> / Scooby Doo Grahams</p> <p>Tossed Salad / Ranch Dressing Baby Carrots Fresh Fruit</p>	<p>17</p> <p><b>Southwest Queso Cheesy Pull Aparts +</b> or <b>Turkey Ham &amp; Cheese Melt</b> or <b>All-American Salad</b> Dinner Roll / French Dressing</p> <p>Steamed Broccoli 100% Fruit Juice</p>
<p>20</p> <p><b>Chicken Nuggets</b> Goldfish Crackers / BBQ Sauce or <b>Classic Hamburger</b> Ketchup or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels</p> <p>Sweet Potato Fries Fresh Fruit</p>	<p>21</p> <p><b>Confetti Pancakes</b> Poultry Sausage or <b>Hot Diggity Dog</b> Ketchup or <b>Strawberry Yogurt w/ Granola +</b> / Scooby Doo Grahams</p> <p>Tater Tots / Ketchup Flavored Applesauce</p>	<p>22</p> <p><b>Cheesy Flatbread +</b> or <b>Beef &amp; Cheese Soft Tacos</b> Taco Sauce or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing</p> <p>Steamed Green Beans Fresh Fruit</p>	<p>23</p> <p><b>Breaded Chicken Sandwich</b> BBQ Sauce or <b>Cheeseburger Meatloaf</b> Breadstick or <b>Chicken Caesar Salad</b> Dinner Roll / Caesar Dressing</p> <p>Steamed Broccoli Craisins</p>	<p>24</p> <p><b>Mini Corn Dogs</b> Mustard or <b>All American Cheese Melt +</b> or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears</p> <p>Black Charro Beans Baby Carrots 100% Fruit Juice</p>
<p>27</p> <p><b>Deep Dish Galaxy Pepperoni Pizza</b> or <b>Cinnamon French Toast</b> Poultry Sausage or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears</p> <p>Sweet Potato Fries Fresh Fruit</p>	<p>28</p> <p><b>Oven Roasted Chicken Drumstick</b> / Brown Rice or <b>Turkey Ham &amp; Cheese Melt</b> or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels</p> <p>Emoticon Fries / Ketchup 100% Fruit Juice</p>	<p>29</p> <p><b>Spaghetti with Meatballs</b> or <b>Chicken Tenders</b> Breadstick / BBQ Sauce or <b>Beef Nacho Salad</b> Tostitos Scoops / Scooby Doo Grahams</p> <p>Steamed Green Beans Fresh Fruit</p>	<p>30</p> <p><b>Hot Diggity Dog</b> Ketchup or <b>Pizza Crunchers +</b> or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing</p> <p>Steamed Broccoli Craisins</p>	