

September K8 School Lunch Menu
 Student Meal \$2.25 / Reduced Meal \$0.40 / Adult Meal \$3.50

	Monday	Tuesday	Wednesday	Thursday	Friday
September 1-5	Labor Day Holiday	Turkey Roast, Gravy, and Stuffing Nachos Ham & Cheese Chef Salad PBJamwich Carrot Soufflé, Ranch Beans, Fresh Pear, and Strawberry Cup	Pepperoni or Cheese Pizza Chicken Swirl Sandwich Asian Chef Salad and Chips Hummus, Cheese & Veggie Plate Buffaloed Cauliflower Bites, Roasted Sweet Potatoes, Fresh Apple Wedges and 100% Fruit Juice	Shepherd's Pie and Roll Chicken Salad Croissant Egg & Cheese Chef Salad PBJamwich Sautéed Squash, Coleslaw, Pineapple & Mandarin Oranges, and Waldorf Salad	Chicken Broccoli Alfredo Meatball Sub Tuna Chef Salad with Goldfish Peanut Butter, Cheese & Fruit Plate Mixed Vegetables, French Fries, Fresh Fruit Choice, and Melon Fruit Cocktail
September 8-12	Chicken Nuggets and Roll Bean Burrito Ham & Cheese Chef Salad with Breadstick Yogurt, Cheese & Fruit Plate Whole Kernel Corn , Sweet Potato Waffle Fries, Fresh Apple Wedges, Pears & Cherries	Salisbury Steak over Rice Chicken Swirl Sandwich Egg & Cheese Chef Salad PBJamwich Mashed Potatoes , Green Beans , Peaches & Grapes, and 100% Fruit Juice	Cherry Blossom Chicken over Rice with Dinner Roll Sloppy Joe Asian Chef Salad and Chips Hummus, Cheese, & Veggie Plate Stir -Fried Vegetables , Buttered Carrots, Pineapple & Berries, and Orange Wedges	Honey Stung Chicken with Island Rice Pork BBQ Sandwich Egg & Cheese Chef Salad PBJamwich Collard Greens, Black-eyed Peas, Mandarin Oranges, and Applesauce	Fish Tacos Cheeseburger Ham & Cheese Chef Salad with Breadstick Peanut Butter, Cheese & Fruit Plate Black Bean Salsa , Veggie Stix w/ Ranch , Choice of Fresh Fruit, and Frozen Apricot Cup
September 15-19	BBQ Chicken and Biscuit Egg Roll with Fried Rice Turkey & Cheese Chef Salad with Roll Hummus, Cheese, & Veggie Plate Teriyaki Vegetables, Mandarin Spinach Salad, Fresh Apple Wedges, and 100% Fruit Juice	Loaded Baked Potato and Roll Hot Dog Egg & Cheese Chef Salad PBJamwich Steamed Broccoli , Carrot Stix with Roasted Red Pepper Hummus , Fresh Pear , and Strawberry Applesauce	Lasagna Rollups with Dinner Roll Veggie Quesadilla Ham & Cheese Chef Salad and Breadstick Yogurt, Cheese & Fruit Plate Tomato Basil Zucchini, Green Peas, Peach and Pear Compote, and Orange Wedges	Pepperoni or Cheese Pizza Philly Cheese Steak Egg & Cheese Chef Salad PBJamwich French Fries, Cucumber & Tomato Salad, Pineapple and Mandarin Oranges, and Waldorf Salad	Fish and Grits Grilled Cheese Turkey and Cranberry Chef Salad Peanut Butter, Cheese, & Fruit Plate Baked Beans, Sweet Potato Puffs, Choice of Fresh Fruit and Melon Fruit Cocktail
September 22-26	Beef-a-Roni Grilled Cheese Egg & Cheese Chef Salad w/ Breadstick Yogurt, Cheese and Fruit Plate Turnip Greens, Black - Eyed Peas, Fresh Apple Wedges, Pears & Cherries	Oven Fried Chicken with Biscuit Hot Ham and Cheese Ham and Cheese Chef Salad PBJamwich Steamed Cabbage, Carrot Raisin Salad, Peaches & Grapes and 100% Fruit Juice	Turkey Pot Pie Chicken Swirl Sandwich Asian Chef Salad with Chips Hummus, Cheese, and Veggie Plate Lima Beans, Baked Sweet Potato, Pineapple and Berries, and Orange Wedges	Staff Planning Day	School Holiday
September 29-30	Monumental Macaroni and Cheese Chicken Wrap Egg & Cheese Chef Salad and Breadstick Yogurt, Cheese, and Fruit Plate Okra and Tomatoes, Steamed Broccoli, Peach and Pear Compote, and Orange Wedges	Turkey Roast and Stuffing Nachos Ham & Cheese Chef Salad PBJamwich Carrot Soufflé, Ranch Beans, Fresh Pear, and Strawberry Cup			

A reimbursable meal must include at least 3 food groups. Choose at least 3 food items including 1/2 cup fruits or vegetables and at least 2 other food groups.
 For best nutrition, choose all 5 of the meal components for School Lunch - Grains, Meats or Protein, Milk, Fruit & Vegetables