

"This institution is an equal opportunity provider."

 September Lunch 2022 Step up

Menu subject to change due to supply chain issues

Choice of milk

1% white or skim

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | ***Wednesday*** | **Thursday** | **Friday** |
|  |  |  | 1Chicken and Cheese EnchiladaSalsaTropical Bean SaladFruit BarTortilla chipsSour Cream | 2French Bread Pepperoni PizzaGarden Salad |
| 5 | 6Hot Dog on WG BunBaby CarrotsFruit BarRanch DressingKetchup PacketMustard Packet | 7WG Macaroni & CheeseCut Green BeansUnsweetened Applesauce CupAlmond Milk | 8Chicken CrispitosRefried BeansPineapple Salsa100% Fruit JuiceSour CreamAvocado Salsa | 9French Bread Pepperoni PizzaGarden SaladFruit Bar |
| 12Popcorn ChickenMashed PotatoesMixed Fruit | 13Mini Corn DogsWhole Kernal CornAssorted Fresh Melon Bowl | 14Bang Bang ChickenCut Green BeansFresh OrangesBrown Rice | 15Macaroni with Meat SauceRefried BeansSalsaFruit BarBrown RiceSour Cream | 16Cheese Galaxy PizzaGarden SaladCarrot Sticks |
| 19Chicken TendersSeasoned Potato WedgeMixed Fruit | 20CheeseburgerCorn CobbetteCarrot SticksAssorted Fresh Melon BowlMustard Packet | 21Wokin' Orange ChickenAsian VeggiesCauliflower FloretsFresh OrangesBrown Rice | 22Walking TacoPinto BeansPineapple Tidbits | 23Cheese Galaxy PizzaGarden Salad |
| 26 | 27 | 28 | 29 | 30 |