

# September Lunch Menu: WMS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Welcome  
Back!!!



<b>LABOR DAY</b>  <b>NO SCHOOL</b>	3	Chicken patty California Medley vegetables Cheese Doritos Apple slices & orange wedges Milk Alternate: Corn dogs	4	Spaghetti Mixed greens with grape tomatoes Whole grain roll Peaches Milk Alternate: Cheeseburger on a whole grain bun	5	Orange chicken Brown rice Broccoli Mandarin oranges Dinner roll Fortune cookie Milk Alternate: Egg rolls or turkey sandwich	6	Ham & cheese sandwich Baked beans Baby carrots Fruit cocktail Animal crackers Milk Alternate: Little Caesar's pizza	7	
	10	Barbequed pork sandwich Coleslaw Seasoned potato wedges Green beans Orange wedges & apples Milk Alternate: Cheeseburger on a whole grain bun	11	Italian penne pasta Mixed greens with grape tomatoes Garlic bread Peaches Milk Alternate: Pepperoni pizza	12	Sub sandwich Tomato slices Green bean medley Apple sauce Milk Alternate: Chicken patty on a whole grain bun	13	Walking tacos with seasoned beef, romaine lettuce & black beans Whole grain roll Pineapple Milk Alternate: Chili wrap	14	Home made turkey stew Soft pretzels Celery & baby carrots Fruit cocktail Milk Alternate: Little Caesar's pizza
	17	Cheeseburger on a whole grain bun Fresh broccoli Baked beans Apples & orange wedges Milk Alternate: Turkey & cheese wrap	18	Turkey & gravy over mashed potatoes Diced carrots Whole grain bread Peaches Milk Alternate: Ham & cheese sandwich	19	Cheese quesadilla Refried beans Baby carrots Tortilla chips Pineapple Milk Alternate: Tostada pizza	20	Chicken nuggets Cucumber slices & red pepper strips Whole grain roll Pears Milk Alternate: Egg rolls	21	Homemade chili Baby carrots & celery sticks Breadsticks Gold fish crackers Pears Milk Alternate: Little Caesar's pizza
	24	Chicken patty on a whole grain bun Grape tomatoes Cucumber slices Apple sauce Milk Alternate: Ham & cheese wrap	25	Taco salad Tortilla chips Black beans Whole grain roll Pineapple Milk Alternate: Cheese quesadilla	26	Corn dog Fresh cauliflower & broccoli Cheese doritos Apple slices Milk Alternate: Pepperoni pizza	27	Hot dog Tater tots Baby carrots Fruit cocktail Milk Alternate: Turkey & cheese sandwich	28	Grilled cheese sandwich Tomato soup Cauliflower Watermelon Milk Alternate: Little Caesar's pizza

Milk choices available daily are 1% chocolate, fat free white and 1% white. Chef's salads, peanut butter and jelly, and yogurt parfaits are available as an alternate choice every day. All bread served is whole grain except pasta.

**This institution is an equal opportunity provider.**