

September is here!

ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ SANDWICH ³¹ OR HOT DOG W/CHILI ²⁸ Cole Slaw ¹⁰ Corn on the Cob ¹⁹ Tater Tots ²⁰ NC Cantaloupe ¹¹	2 SPAGHETTI ²⁹ W/BREADSTICK ¹⁹ GARDEN SALAD ⁵ OR CHICKEN FILLET SANDWICH ²⁵ Lettuce and Tomato ² Steamed Carrots ⁶ NC Watermelon ¹¹	3 CHEESE PIZZA ³⁵ OR FRUIT AND YOGURT PLATE ⁵¹ W/BUG BITE GRAHAM CRACKERS ²² Broccoli Spears ⁴ NC Melon Slices ¹¹ CHEESE PIZZA DAY
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
6 HOLIDAY 	7 CHICKEN FAJITA ¹⁷ OR CHALUPA ²¹ Shredded Lettuce ¹ Diced Tomato ¹ Salsa ⁴ & Sour Cream ² Whole Kernel Corn ¹⁹ Peach Cup ⁵¹	8 BAKED ZITI ³⁰ W/GARDEN SALAD ⁵ AND BREADSTICK ¹⁹ OR MINI CORN DOGS ³¹ Broccoli Spears ⁴ Sliced Strawberries ³²	9 GRILLED CHEESE ³⁴ OR HAM AND CHEESE SANDWICH ³² Tomato Soup ¹⁹ Carrot and Cucumber Stix ⁸ w/dip ² Scrabble Cheez Its ²⁸	10 PEPPERONI PIZZA ³⁵ OR FISH SANDWICH ³⁷ W/TARTAR SAUCE ⁴ Green Peas ¹⁶ Corn on the Cob ¹⁹ Apricot Cup ¹⁷
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
13 CHEF BOYARDEE RAVIOLI ⁴³ W/GARDEN SALAD ⁵ AND BREADSTICK ¹⁹ OR HAMBURGER ²⁶ Lettuce and Tomato ² Straight Cut Fries ¹⁵ Fresh NC Apple ¹⁹	14 BREAKFAST FOR LUNCH Sausage ⁷ or Chicken ⁴ w/eggs ¹ Biscuit ²² and Gravy ¹⁰ or Pancakes w/syrup ³² Applesauce ^{s-30 u-12} Tater Tots ²⁰	15 CHICKEN RINGS ¹³ SALISBURY STEAK ¹² Mashed Potatoes ¹⁴ Green Beans ⁵ Hot Yeast Roll ²⁰ NC Ginger Gold Apple ¹⁹	16 TACO's ²⁵ OR CHICKEN FAJITA ¹⁷ Shredded Lettuce ¹ Diced Tomato ¹ Salsa ⁴ , Sour Cream ² , Cheese ⁰ Whole Kernel Corn ¹⁹ Pear Halves ¹⁸	17 CHEESE PIZZA ³⁵ OR RIB-E-Q ON BUN ³⁴ Pickles ⁰ Broccoli Spears ⁴ w/cheese sauce ¹⁰ Sweet Potato Waffle Cut Fries ²¹
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
20 CHICKEN NUGGETS ¹⁵ OR CHEESEBURGER ²⁵ Lettuce and Tomato ² Green Beans ⁵ Mashed Potatoes ¹⁴ Hot Yeast Roll ²⁰	21 SPAGHETTI ²⁹ W/GARDEN SALAD ⁵ AND BREADSTICK ¹⁹ OR CHICKEN FILLET ²⁵ Lettuce and Pickles ² Steamed Carrots ⁶ Peach Slices ¹⁶	22 GRILLED CHEESE ³⁴ OR PBJ SANDWICH ⁴¹ Tomato Soup ¹⁹ Carrot and Cucumber Stix ⁸ w/dip ² Scrabble Cheez Its ²⁸ NC Gala Apple ¹⁹	23 MAC N CHEESE ²⁶ W/GRILLED FRANKS ² OR SLICED HAM ⁰ Pinto Beans ²⁰ Steamed Cabbage ⁵ Stewed Tomatoes ⁵ Onions ³ & Cornbread ³¹	24 PEPPERONI PIZZA ³⁵ OR FISH FILLET ³⁷ W/TARTAR SAUCE ⁴ Baked Potato ³⁶ Green Peas ¹⁶ Apricot Cup ¹⁷
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
27 TURKEY POT PIE WITH CARROTS AND PEAS ²⁹ OR HAMBURGER ²⁶ Lettuce and Tomato ² Pickles ⁰ Mashed Potatoes ¹⁴ NC Jonagold Apple ¹⁹	28 BREAKFAST FOR LUNCH Sausage ⁷ or Chicken ⁴ w/eggs ¹ Biscuit ²² and Gravy ¹⁰ or Pancakes w/syrup ³² Applesauce ^{s-30 u-12} Tater Tots ²⁰	29 BBQ DINNER ¹² OR FISH TREASURES ²⁰ Cole Slaw ¹⁰ Corn on the Cob ¹⁹ Hushpuppies ¹² Rice Krispie Treat ⁸	30 BAKED ZITI ³⁰ W/GARDEN SALAD ⁵ AND BREADSTICK ¹⁹ OR MINI CORN DOGS ³¹ Broccoli Spears ⁴ Fresh NC Red Or ¹⁹ Golden Delicious Apple	Did YOU Know: In 1730, the first apple nursery opened in Flushing, New York?
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				

Subject to change.

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