



September is here!

MEADOWBROOK LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Did YOU Know: In 1730, the first apple nursery opened in Flushing, New York?</p>	<p>1 BBQ SANDWICH³¹ OR HOT DOG W/CHILI²⁸ Cole Slaw¹⁰ Corn on the Cob¹⁹ Tater Tots²⁰ NC Cantaloupe¹¹</p>	<p>2 SPAGHETTI²⁹ W/BREADSTICK¹⁹ & GARDEN SALAD⁵ OR CHICKEN FILLET SANDWICH²⁵ Lettuce and Tomato² Steamed Carrots⁶ NC Watermelon¹¹</p>	<p>3 CHEESE PIZZA³⁵ OR FRUIT AND YOGURT PLATE⁵¹ W/BUG BITE GRAHAM CRACKERS²² Broccoli Spears⁴ NC Melon Slices¹¹ CHEESE PIZZA DAY</p>
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<p>6 HOLIDAY </p>	<p>7 CHICKEN FAJITA¹⁷ OR CHALUPA²¹ Shredded Lettuce¹ Diced Tomato¹ Salsa⁴ & Sour Cream² Whole Kernel Corn¹⁹ Peach Cup⁵¹</p>	<p>8 BAKED ZITI³⁰ W/GARDEN SALAD⁵ AND BREADSTICK¹⁹ OR MINI CORN DOGS³¹ Broccoli Spears⁴ Sliced Strawberries³²</p>	<p>9 GRILLED CHEESE³⁴ OR HAM & CHEESE SANDWICH³² Tomato Soup¹⁹ Carrot and Cucumber Stix⁸ w/dip² Scrabble Cheez Its²⁸</p>	<p>10 PEPPERONI PIZZA³⁵ OR FISH SANDWICH³⁷ W/TARTAR SAUCE⁴ Green Peas¹⁶ Corn on the Cob¹⁹ Apricot Cup¹⁷</p>
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<p>13 WORKDAY</p>	<p>14 BREAKFAST FOR LUNCH Sausage⁷ or Chicken⁴ w/eggs¹ Biscuit²² and Gravy¹⁰ or Pancakes w/syrup³² Applesauce^{s-30 u-12} Tater Tots²⁰</p>	<p>15 CHICKEN RINGS¹³ SALISBURY STEAK¹² Mashed Potatoes¹⁴ Green Beans⁵ Hot Yeast Roll²⁰ NC Ginger Gold Apple¹⁹</p>	<p>16 TACO's²⁵ OR CHICKEN FAJITA¹⁷ Shredded Lettuce¹ Diced Tomato¹ Salsa⁴, Sour Cream², Cheese⁰ Whole Kernel Corn¹⁹ Pear Halves¹⁸</p>	<p>17 CHEESE PIZZA³⁵ OR RIB-E-Q ON BUN³⁴ Pickles⁰ Broccoli Spears⁴ w/cheese sauce¹⁰ Sweet Potato Waffle Cut Fries²¹</p>
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
BREAK				
BREAK				

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”