

September is here!

MIDDLE AND HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ SANDWICH 30 Cole Slaw 10 Corn on the Cob 19 Tater Tots 20 NC Cantaloupe 11	2 MEATLOAF 9 Mashed Potatoes 14 Seasoned Green Beans 5 Hot Yeast Roll 20 NC Grown Watermelon 11	3 CHICKEN ALFREDO 30 W/BREADSTICK 19 Tender Broccoli Florets 4 Steamed Carrots 6 Sliced Strawberries 32 CHEESE PIZZA DAY
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
6 HOLIDAY 	7 CHICKEN FAJITA 17 Shredded Lettuce 1 Diced Tomato 1 Salsa 4 and Sour Cream 2 Whole Kernel Corn 19 Peach Cup 51	8 BAKED ZITI 30 W/GARDEN SALAD 5 AND BREADSTICK 19 Normandy Blend Veggies 4	9 SPICY HAM AND CHEESE SANDWICH 34 Tomato Soup 19 Scrabble Cheez Its 28 Crisp Garden Salad 5	10 FISH SANDWICH 37 W/TARTAR SAUCE 4 Green Peas 16 Corn on the Cob 19 Diced Apricots 16
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
13 CHEF BOYARDEE RAVIOLI 43 W/GARDEN SALAD 5 AND BREADSTICK 19 Baked Potato 36 Fresh NC Apple 19	14 BREAKFAST FOR LUNCH Sausage 7 or Chicken 4 w/eggs 1 Biscuit 22 & Gravy 10 or Pancakes 27 w/syrup 18 Applesauce S-30 U-12 Tater Tots 20	15 BAKED HAM 0 Sweet Potato Souffle 107 Broccoli Casserole 10 Hot Yeast Roll 20 NC Ginger Gold Apple 19	16 CHILI CHEESE QUESADILLA 38 Shredded Lettuce 1 Diced Tomato 1 Salsa 4, Sour Cream 2 Whole Kernel Corn 19 Pear Halves 18	17 SEAFOOD BASKET 29 W/HUSH PUPPIES 12 Corn on the Cob 19 Cole Slaw 10 Veggie Beans 25
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
20 SPICY CHICKEN CHUNKS 15 Broccoli Florets 4 & Cheese Sauce 10 Steamed Carrots 6 Hot Yeast Roll 20	21 SPAGHETTI 29 W/GARDEN SALAD 5 AND BREADSTICK 19 Baked Potato 36 Sliced Strawberries 32	22 CHICKEN CHEESE QUESADILLA 34 Shredded Lettuce 1 Diced Tomato 1 Salsa 4, Sour Cream 2 Whole Kernel Corn 19 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 and	24 CHICKEN TENDERS 12 Mashed Potatoes 14 Green Beans 5 Honey Wheat Roll 23 Pear Halves 18
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
27 TURKEY POT PIE WITH CARROTS AND PEAS 29 Breaded Okra 14 Southern Style Biscuit 22 NC Jonagold Apple 19	28 BREAKFAST FOR LUNCH Sausage 7 or Chicken 4 w/eggs 1 Biscuit 22 & Gravy 10 or Pancakes 27 w/syrup 18 Applesauce S-30 U-12 Tater Tots 20	29 SANTE FE CHICKEN PASTA W/BREAD 19 Whole Kernel Corn 19 Sliced Strawberries 32	30 BAKED ZITI 30 W/GARDEN SALAD 5 AND BREADSTICK 19 Broccoli Florets 4 Fresh NC Red Or Golden Delicious Apple 19	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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