


September is here!

MIDDLE AND HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	Be on the lookout for fresh local tomatoes, cucumbers, and bell peppers from the Seasonal Produce Farm in Bethel !	CHOICE OF 1%CHOC, CHOC SKIM 1%UNFLAVORED OR SKIM, FF STRAWBERRY AND VANILLA MILK/FRESH FRUIT/JUICE	1 MAC & CHEESE 22 W/LITTLE SMOKIES 2 Pinto Beans 18 Steamed Cabbage 5 Stewed Tomatoes 2 Onions 2 Cornbread 25 Peaches 12	2 FRENCH BREAD CHEESE PIZZA 33 Caesar Salad 4 Baked Potato 33 Peach Slices 12
5 	6 BREAKFAST FOR LUNCH Sausage 0 or Chicken 13 w/eggs 0 Biscuit 28 & Gravy 9 Or Pancakes 26 & Syrup 20 Tater Tots 18 Applesauce unswt 15	7 TURKEY ROAST 1 W/GRAVY 37 Sweet Poato Souffle 56 Broccoli Casserole 14 Honey Wheat Roll 20 Pear Halves 23	8 TACOS 26 Lettuce and Tomato 1 Salsa 3 , Sour Cream 2 and Cheese 1 Whole Kernel Corn 19 Refried Beans 20 Pineapple Tidbits 19	9 FISH SANDWICH 45 W/TARTATR SAUCE 2 Baked Potato 33 Broccoli Spears 4 w/cheese 1 Mixed Fruit 18
12 SWEET AND SOUR CHICKEN 26 W/RICE 35 AND BROCCOLI 4 Fortune Cookie 8 Pineapple 19	13 SALISBURY STEAK 5 Mashed Potatoes 20 Gravy 37 Seasoned Green Beans 3 Yeast Roll 20 Applesauce unswt 18	14 BAKED ZITI 29 W/GARDEN SALAD 2 AND BREADSTICK 19 Normandy Blend 4 Diced Peaches 12	15 BBQ ON A BUN 44 Cole Slaw 6 Baked Beans 33 Corn 19 Pears 23	16 CHICKEN FILLET Pickles 0 Lettuce and Tomatoes 1 Cream of Broccoli Soup 18 Caesar Salad 3 Fresh Orange Wedges 15 Crackers
19 CHICKEN POT PIE 32 Peas and Carrots 10 Breaded Okra 25 Spiced Apples 18 Southern Style Biscuit 28	20 MAC & CHEESE 22 W/LITTLE SMOKIES 2 Pinto Beans 18 Steamed Cabbage 5 Stewed Tomatoes 2 Onions 2 Cornbread 25 Peaches 12	21 BREAKFAST FOR LUNCH Sausage 0 or Chicken 13 w/eggs 0 Biscuit 28 & Gravy 9 Or Pancakes 26 & Syrup 20 Tater Tots 18 Applesauce unswt 15	22 TACOS 26 Lettuce and Tomato 1 Salsa 3 , Sour Cream 2 and Cheese 1 Whole Kernel Corn 19 Refried Beans 20 Pineapple Tidbits 19	23 SEAFOOD BASKET 29 W/HUSHPUPIES 18 Cole Slaw 6 Sweet Potato Fries Baked Beans 33 Fresh Fruit
26 VEGGIE BEEF SOUP 14 W/GRILLED CHEESE 30 OR PBJ SANDWICH 40 Tossed Salad 2 Crackers Apple Stix 19	27 MEATLOAF 4 Mashed Potatoes 20 w/gravy Seasoned Green Beans 3 Hot Yeast Roll 20 Peach Cobbler 48	28 CHICKEN ALFREDO 31 Broccoli Spears 4 Steamed Carrots 8 Bread Stix 19 Mixed Fruit Cocktail 18	29 SPAGHETTI 29 W/ GARDEN SALAD 2 AND BRESTICK 19 Green Peas 11 Diced Peaches 12	30 FRUIT AND YOUNGURT PLATE 74 Carrots and Cucumbers 8 w/dip 2 Normandy Blend 4 Pear Halves 23

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”