

# September is here!

## MIDDLE AND HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> BBQ SANDWICH Cole Slaw Corn on the Cob Tater Tot NC Cantaloupe	<b>2</b> MEATLOAF Mashed Potatoes Seasoned Green Beans Hot Yeast Roll NC Grown Watermelon	<b>3</b> CHICKEN ALFREDO W/BREADSTICK Tender Broccoli Florets Steamed Carrots Sliced Strawberries <b>CHEESE PIZZA DAY</b>
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>6</b> <b>HOLIDAY</b> 	<b>7</b> CHICKEN FAJITA Shredded Lettuce Diced Tomato Salsa and Sour Cream Whole Kernel Corn Peach Cup	<b>8</b> BAKED ZITI W/GARDEN SALAD AND BREADSTICK Normandy Blend Veggies	<b>9</b> SPICY HAM AND CHEESE SANDWICH Tomato Soup Scrabble Cheez Its Crisp Garden Salad	<b>10</b> FISH SANDWICH W/ TARTAR SAUCE Green Peas Corn on the Cob Diced Apricots
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>13</b> CHEF BOYARDEE RAVIOLI W/GARDEN SALAD AND BREADSTICK Baked Potato Fresh NC Apple	<b>14</b> BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tot	<b>15</b> BAKED HAM Sweet Potatoes Broccoli Casserole Hot Yeast Roll NC Ginger Gold Apple	<b>16</b> CHILI CHEESE QUESADILLA Shredded Lettuce Diced Tomato Salsa, Sour Cream Whole Kernel Corn Pear Halves	<b>17</b> SEAFOOD BASKET W/HUSHPUPPIES Corn on the Cob Cole Slaw Veggie Beans
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>20</b> SPICY CHICKEN CHUNKS Broccoli Florets and Cheese Sauce Steamed Carrots Hot Yeast Roll	<b>21</b> SPAGHETTI W/GARDEN SALAD AND BREADSTICK Baked Potato Sliced Strawberries	<b>22</b> CHICKEN CHEESE QUESADILLA Shredded Lettuce Diced Tomato Salsa, Sour Cream Whole Kernel Corn NC Gala Apple	<b>23</b> MAC N CHEESE W/GRILLED FRANKS OR SLICED HAM Pinto Beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread	<b>24</b> CHICKEN TENDERS Mashed Potatoes Green Beans Honey Wheat Roll Pear Halves
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>27</b> TURKEY POT PIE WITH CARROTS AND PEAS Breaded Okra Southern Style Biscuit NC Jonagold Apple	<b>28</b> BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tot	<b>29</b> SANTE FE CHICKEN PASTA W/BREAD Whole Kernel Corn Sliced Strawberries	<b>30</b> BAKED ZITI W/GARDEN SALAD AND BREADSTICK Broccoli Florets Fresh NC Red Or Golden Delicious Apple	<b>Did YOU Know:</b> <b>In 1730, the first apple nursery opened in Flushing, New York?</b>
CHOICE OF 1% CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				

Subject to change.

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