


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 AND CHEESE W/LITTLE SMOKIES Pinto beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread Onions and Cornbread Peaches	2 FRENCH BREAD CHEESE PIZZA Caesar Salad Baked Potato Peach Slices
5 	6 BREAKFAST FOR LUNCH Chicken or Sausage w/ eggs Pancakes w/syrup or Biscuits and Gravy Tater Tots Applesauce	7 TURKEY ROAST W/GRAVY Sweet Potato Souffle Broccoli Casserole Honey Wheat Roll Pear Halves	8 TACOS Lettuce and Tomato Salsa, Sour Cream and Cheese Whole Kernel Corn Refried Beans Pineapple Tidbits	9 FISH SANDWICH W/TARTAR SAUCE Baked Potato Broccoli Spears w/cheese Mixed Fruit
12 SWEET AND SOUR CHICKEN W/RICE AND BROCCOLI Fortune Cookie Pineapple	13 SALISBURY STEAK Mashed Potatoes Gravy Seasoned Green Beans Yeast Roll Applesauce	14 BAKED ZITI W/GARDEN SALAD AND BREADSTICK Normandy Blend Diced Peaches	15 BBQ ON A BUN Cole Slaw Baked Beans Corn Pears	16 CHICKEN FILLET Pickles Lettuce and Tomatoes Cream of Broccoli Soup Caesar Salad Fresh Orange Wedges Crackers
19 CHICKEN POT PIE Peas and Carrots Breaded Okra Spiced Apples Southern Style Biscuit	20 MAC N CHEESE W/LITTLE SMOKIES Pinto Beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread Peaches	21 BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tots	22 TACOS Lettuce and Tomato Salsa, Sour Cream and Cheese Whole Kernel Corn Refried Beans Pineapple Tidbits	23 SEAFOOD BASKET W/HUSHPUPIES Cole Slaw Sweet Potato Fries Baked Beans Fresh Fruit
26 VEGGIE BEEF SOUP W/GRILLED CHEESE OR PBJ SANDWICH Tossed Salad Crackers Apple Stix	27 MEATLOAF Mashed Potatoes w/gravy Seasoned Green Beans Hot Yeast Roll Peach Cobbler	28 CHICKEN ALFREDO Broccoli Spears Steamed Carrots Bread Stix Mixed Fruit Cocktail	29 SPAGHETTI W/ GARDEN SALAD AND BREADSTICK Green Peas Diced Peaches	30 FRUIT AND YOGURT PLATE Carrots and Cucumbers w/dip Normandy Blend Pear Halves

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”