

Monday 8/30	Tuesday 8/31 American Cheese Day	Wednesday 9/1 National Coconut Day	Thursday 9/2	Friday 9/3
<p>Lunch Option #1: Oven Roasted Carved Turkey Breast with Homestyle Gravy and Cranberry Sauce</p> <p>Lunch Option #2: Lemon Pepper Pan Seared Tilapia</p> <p>Sandwich Option #1: Carved Turkey and Cheddar Panini with Spinach, Tomato, Cranberry Mayo</p> <p>Salad Option #1: Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Seasoned Green Beans, Cornbread Stuffing, Mashed Sweet Potatoes</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Ground Beef Soft Tacos</p> <p>Lunch Option #2: Grilled Cheese on Texas Toast</p> <p>Sandwich Option #1: Tuna Salad on Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Fried Barbecue Chicken Salad with a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice, Refried Beans</p> <p>Today's Fruit: Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Coconut Curry Chicken</p> <p>Lunch Option #2: Beef Hot Dog with a Whole Grain Bun</p> <p>Sandwich Option #1: Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese.</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p>Today's Sides: California Blend Vegetables, Steamed Brown Rice</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Lemon Herb Roasted Chicken</p> <p>Lunch Option #2: Pulled Pork and Coleslaw Sandwich on a Kaiser Roll</p> <p>Sandwich Option #1: Roast Beef and Swiss on a Pretzel Roll</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll</p> <p>Today's Sides: Baked Beans with Pineapple, Local Corn on the Cob</p> <p>Today's Fruit: Watermelon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Chicken Caesar Panini</p> <p>Sandwich Option #1: Tuna Salad on Whole Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Roll</p> <p>Today's Sides: Italian Blend Vegetables, Baked Tater Tots</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 9/6 Labor Day	Tuesday 9/7 Rosh Hashana	Wednesday 9/8	Thursday 9/9 National Wiener Schitzel Day	Friday 9/10
No School	No School	<p>Lunch Option #1: Traditional Jewish Braised Brisket</p> <p>Lunch Option #2: Corn Dog</p> <p>Sandwich Option #1: Italian Cold Cut Sub</p> <p>Salad Option #1: Waldorf Chicken Salad over Greens with a Whole Grain Roll</p> <p>Today's Sides: Cucumber and Tomato Couscous, Steamed Cauliflower, Challah Bread</p> <p>Today's Fruit: Apple Slices with Honey</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: German Weiner Schnitzel (breaded beef cutlet with lemon herb butter)</p> <p>Lunch Option #2: Baked Chicken Nuggets</p> <p>Sandwich Option #1: Barbecue Crispy Chicken Sandwich</p> <p>Salad Option #1: Tuna Salad over Greens with a Whole Grain Roll</p> <p>Today's Sides: Roasted Mushrooms, Garlic Herb Red Potatoes</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Grilled Veggie Burger on a Whole Grain Bun with Cheddar, Lettuce and Tomato</p> <p>Sandwich Option #1: Eggplant Parmesan Sub</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli, Garden Salad</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 9/13	Tuesday 9/14	Wednesday 9/15 National Linguini Day	9/16/2021 Yom Kippur	Friday 9/17
<p>Lunch Option #1: Oven Fried Chicken and Waffles</p> <p>Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun</p> <p>Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Local Corn on the Cob, Baked Potatoes with Sour Cream and Cheddar</p> <p>Today's Fruit: Watermelon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Teriyaki Salmon</p> <p>Lunch Option #2: Baked Chicken Nuggets</p> <p>Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll</p> <p>Today's Sides: Steamed Brown Rice, Buttered Broccoli</p> <p>Today's Fruit: Orange Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Linguini with Meat Sauce</p> <p>Lunch Option #2: Eggplant Parmesan</p> <p>Sandwich Option #1: Grilled Cheese on Texas Toast</p> <p>Salad Option #1: Chef Salad</p> <p>Today's Sides: Garlic Breadsticks, Green Beans Provencal</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	No School	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Cheese Ravioli with Marinara</p> <p>Sandwich Option #1: Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese.</p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Roll</p> <p>Today's Sides: Italian Blend Vegetables, Baked Tater Tots</p> <p>Today's Fruit: Diced Peaches</p>
9/20/2021 National Pepperoni Pizza Day National Queso Day	Tuesday 9/21	Wednesday 9/22	Thursday 9/23	Friday 9/24 Native American Day
<p>Lunch Option #1: Grilled Chicken Nachos with Black Beans, Tomatoes, Onions, Green Peppers, and Queso</p> <p>Lunch Option #2: Pepperoni Bagel Pizzas</p> <p>Sandwich Option #1: Seafood Salad Wrap with Lettuce and Tomatoes</p> <p>Salad Option #1: Crispy Barbecue Chicken Salad</p> <p>Today's Sides: California Blend Vegetables, Mediterranean Orzo Salad</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Ground Beef Soft Tacos</p> <p>Lunch Option #2: Vegetable Quesadilla</p> <p>Sandwich Option #1: Italian Cold Cut Sub</p> <p>Salad Option #1: Southwest Chicken Salad</p> <p>Today's Sides: Mexican Street Corn, Spanish Rice, Sopapillas</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Salisbury Steak with Gravy</p> <p>Lunch Option #2: Grilled Turkey Burger on a Whole Grain Bun with Lettuce and Tomatoes</p> <p>Sandwich Option #1: Ham and Swiss with Honey Mustard</p> <p>Salad Option #1: Mediterranean Tuna Salad over Garden Salad</p> <p>Today's Sides: Mashed Potatoes, Green Beans</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Grilled Veggie Burger with Swiss, Lettuce and Tomato</p> <p>Sandwich Option #1: Crispy Chicken Caesar Salad Wrap</p> <p>Salad Option #1: Chef Salad</p> <p>Today's Sides: Italian Blend Vegetables, Baked Fries</p> <p>Today's Fruit: Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Poyha Turkey and Cornmeal Loaf (turkey meatloaf) with Cranberry Sauce</p> <p>Lunch Option #2: Pueblo Pork Roast</p> <p>Sandwich Option #1: Navajo Fry Bread Beef Taco</p> <p>Salad Option #1: Three Sisters Salad</p> <p>Today's Sides: Succotash, Roasted Turnips and Winter Squash with Agave Glaze, Honey Cornbread</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 9/27	Tuesday 9/28	Wednesday 9/29	Thursday 9/30	10/1/2021 World Vegetarian Day
<p>Lunch Option #1: General Tso's Chicken</p> <p>Lunch Option #2: Vegetable Lo Mein</p> <p>Sandwich Option #1: Barbecue Chicken Wrap</p> <p>Salad Option #1: Teriyaki Salmon Salad</p> <p>Today's Sides: Asian Blend Vegetables, Pork Egg Rolls, Egg Fried Rice</p> <p>Today's Fruit: Mandarin Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Beef Lasagna with Meat Sauce</p> <p>Lunch Option #2: Cheese Ravioli</p> <p>Sandwich Option #1: Roast Beef and Cheddar with Lettuce, Tomato and Pickles</p> <p>Salad Option #1: Mozzarella Caprese Salad over Spinach with Roasted Red Peppers, Grilled Red Onions, and Balsamic</p> <p>Today's Sides: Italian Blend Vegetables, Garlic Bread</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Oven Fried Chicken and Waffles</p> <p>Lunch Option #2: Homestyle Beef Stew with Biscuit</p> <p>Sandwich Option #1: Ham and American Cheese</p> <p>Salad Option #1: Tuna Salad over Garden Salad</p> <p>Today's Sides: Collard Greens, Baked Macaroni and Cheese</p> <p>Today's Fruit: Sliced Apples</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Baked Chicken Tenders with Barbecue Dipping Sauce</p> <p>Lunch Option #2: Homestyle Beef Stew with Biscuit</p> <p>Sandwich Option #1: Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese.</p> <p>Salad Option #1: Cobb Salad</p> <p>Today's Sides: Key Largo Vegetables, Baked Tater Tots</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Grilled Veggie Burger with Swiss, Lettuce and Tomato</p> <p>Sandwich Option #1: Roasted Veggie and Cheddar Wrap</p> <p>Salad Option #1: Roasted Root Vegetable Salad</p> <p>Today's Sides: Italian Blend Vegetables, Rice Pilaf</p> <p>Today's Fruit: Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>