

# SEPTEMBER | 2022

SHS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Cheese Pizza Or Pepperoni Pizza Whole Kernel Corn Steamed Broccoli Fresh Veggie Bar Assorted Fruit Chilled Milk	2 Ham & Pineapple Or General Tso Chicken Brown Rice, WG Roll Roasted Vegetable Buttered Carrots Fresh Veggie Bar Choice of Fruit & Milk
5 <b>NO SCHOOL</b>	6 Sloppy Jo on bun or Mexican Chicken on rice Whole Kernel Corn Steamed Vegetable Blend Fresh Veggie Blend, WG Cookie Choice of Fruit & Milk	7 Grilled Chicken Patty Or Spaghetti & Meatsauce Roasted Vegetable Steamed Broccoli, Fresh Veggie Bar WG Breadstick Choice of Fruit & Milk	8 Choice of Pizza Or Ham & Cheese Wrap Steamed Broccoli Whole Kernel Corn Fresh Veggie Bar Choice of Fruit & Milk	9 Taco Salad Or Chicken Fajitas Brown Rice Buttered Carrots Green Beans Choice of Fruit & Milk
12 Spicy Chicken Sand. Or Ham & Cheese Wrap Sandwich Toppins French Fries Fresh Veggie Bar Choice of Fruit & Milk	13 Scrambled Eggs Choice of Sausage patty Or Ham Slice, Tomatoes Hash Browns Biscuit & Gravy Choice of Fruit & Milk	14 Salisbury Steak & Gravy Or Roast Turkey & Gravy Mashed Potatoes Green Beans, Roll Fresh Veggie Bar Choice of Fruit & Milk	15 Corn Dog Or Pepperoni Calzone Corn on the Cob Baked Beans Fresh Veggie Bar Choice of Fruit & Milk	16 Baked Meatloaf Or General Tso Chicken Fried Rice, WG Roll Buttered Peas Seasoned Carrots Fresh Veggie Bar Choice of Fruit & Milk
19 Chili Dog Or Fish Sandwich Baked Chips Cole Slaw, Baked Beans Fresh Veggie Bar Choice of Fruit & Milk	20 Cheese Ravioli Or Mexican Chicken on Rice Whole Kernel Corn Roasted Vegetable, Roll Fresh Veggie Bar Choice of Fruit & Milk	21 BBQ Rib Sand. Or Breaded Chicken on Bun Sandwich Toppins Cole Slaw, French Fries Fresh Veggie Bar Choice of Fruit & Milk	22 Choice of Pizza Or Ham & Cheese Wrap Steamed Broccoli Whole Kernel Corn Fresh Veggie Bar Choice of Fruit & Milk	23 Cheeseburger on Bun Or Spicy Chicken Sand. Sandwich Toppins Tater Tots Baby Carrots & Dip Fresh Veggie Bar Choice of Fruit & Milk
26 Spicy Chicken Tenders Or Macaroni, Tomatoes, & Beef, WG Roll Buttered Peas Green Beans Fresh Veggie Bar Choice of Fruit & Milk	27 Baked Meatloaf Or Salisbury Steak & Gravy Mashed Potatoes Buttered Carrots Fresh Veggie Bar, Roll Choice of Fruit & Milk	28 Cheeseburger on Bun With Sandwich Toppins Or Pepperoni Calzone Tater Tots, Baked Beans Fresh Veggie Bar Choice of Fruit & Milk	29 Cheese Pizza Or Pepperoni Pizza Whole Kernel Corn Steamed Broccoli Fresh Veggie Bar Assorted Fruit Chilled Milk	30 Ham & Pineapple Or General Tso Chicken Brown Rice, WG Roll Roasted Vegetable Buttered Carrots Fresh Veggie Bar Choice of Fruit & Milk

**News**  
**THIS**  
**INSTITUTION**  
**IS AN EQUAL**  
**OPPORTUNITY**  
**PROVIDER**

**BREAKFAST**  
**SERVED DAILY**