

# September 2020 High School Lunch

\* Brand or Equivalent offered

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Cheeseburger</b> French Fries Fruit Punch Red Delicious Apple Mustard 1% Milk Chocolate Milk	2 <b>Turkey Sandwich</b> Chilled Baby Carrots with Ranch One Bright Ray Orange Juice Red Delicious Apple Ranch Dressing Mustard 1% Milk Chocolate Milk	3 <b>Southwest Chicken Fajita</b> <b>BBQ Beef Riblett</b> ✓ <b>Strawberry Spinach Salad</b> Whole Grain Flat Bread Garden Salad Orange Juice Orange Ranch Dressing BBQ Sauce 1% Milk Chocolate Milk	4 <b>Chicken Salad</b> ✓ <b>Pizza Crunchers</b> <b>Chicken Caesar Salad</b> Rip Stick Whole Grain Flat Bread Celery Sticks Garbanzo Bean Salad Fruit Punch Grapes Ranch Dressing 1% Milk Chocolate Milk
7 ✓ <b>Beef Bologna</b> ✓ <b>Personal Cheese Pizza</b> <b>BBQ Chicken Salad</b> Rip Stick Roasted Sweet Potatoes Apple Juice Sliced Peaches 1% Milk Chocolate Milk	8 <b>Chipotle Turkey Wrap</b> ✓ <b>Baked Penne</b> ✓ <b>Fruit &amp; Cheese Tray</b> Whole Grain Flat Bread Garden Salad Orange Juice Orange 1% Milk Chocolate Milk	9 <b>Beef Bologna</b> Chilled Baby Carrots with Ranch One Bright Ray Bartlett pear Fruit Punch 1% Milk Chocolate Milk	10 ✓ <b>Greek Salad Wrap</b> <b>Salisbury Steak</b> ✓ <b>Greek Salad</b> WG Biscuit Seasoned Green Beans Banana 1% Milk Chocolate Milk	11 ✓ <b>Egg Salad</b> <b>Turkey Ham and Cheese</b> <b>Pretzel Melt</b> ✓ <b>Strawberry Spinach Salad</b> Whole Grain Flat Bread Savory Baked Beans Smiley Fries Apple Juice Applesauce Cup 1% Milk Chocolate Milk
14 <b>Turkey Sandwich</b> <b>Chicken Parmesan</b> <b>Macaroni Tuna Pasta Salad</b> California Blend Orange Juice Orange 1% Milk Chocolate Milk	15 <b>Chicken Salad</b> <b>Sweet and Sour Popcorn</b> <b>Chicken over Rice w/</b> <b>Vegetable Egg Roll</b> <b>Turkey Cobb Salad</b> Whole Grain Flat Bread Broccoli Pineapple Tidbits 1% Milk Chocolate Milk	16 <b>Chicken Salad</b> Whole Grain Flat Bread Chilled Baby Carrots with Ranch One Bright Ray Banana 1% Milk Chocolate Milk	17 <b>Beef Bologna</b> <b>Oven Baked BBQ Chicken</b> ✓ <b>Strawberry Spinach Salad</b> WG Biscuit Whole Grain Flat Bread Collard Greens Roasted Sweet Potatoes Red Delicious Apple 1% Milk Chocolate Milk	18 <b>Beef Tacos</b> <b>Chef Salad</b> ✓ <b>Spicy Vegetarian Burger</b> <b>Wrap</b> Whole Grain Tortilla Wrap Rip Stick Cajun Black Beans Seasoned Corn Grapes 1% Milk Chocolate Milk
21 <b>Chicken Caesar</b> <b>Cheesesteak</b> ✓ <b>Fruit &amp; Cheese Tray</b> Whole Grain Flat Bread Smiley Fries Orange Juice Orange 1% Milk Chocolate Milk	22 <b>Breaded Buffalo Chicken</b> <b>Bites Sandwich</b> <b>Pulled Chicken Tacos</b> ✓ <b>Greek Salad</b> Whole Grain Tortilla Wrap Rip Stick Garbanzo Bean Salad Applesauce Cup Grapes 1% Milk Chocolate Milk	23 <b>Turkey Ham and Cheese</b> <b>Pretzel Melt</b> Chilled Baby Carrots with Ranch One Bright Ray Red Delicious Apple 1% Milk Chocolate Milk	24 <b>Tuna Salad Sandwich</b> ✓ <b>Fruit &amp; Cheese Tray</b> <b>Zesty Orange Chicken Over</b> <b>Rice w/ WG Egg Roll</b> Whole Grain Flat Bread Broccoli Bartlett pear Fruit Punch 1% Milk Chocolate Milk	25 <b>Chicken Salad</b> ✓ <b>Pizza Crunchers</b> <b>Chef Salad</b> Rip Stick Whole Grain Flat Bread Seasoned Green Beans Banana Orange 1% Milk Chocolate Milk
28 <b>Chipotle Turkey Sandwich</b> <b>Turkey Hot Dog</b> ✓ <b>Strawberry Spinach Salad</b> Hot Dog Bun Whole Grain Flat Bread Savory Baked Beans Banana 1% Milk Chocolate Milk	29 <b>Beef Bologna</b> <b>Chicken Nuggets</b> <b>Southwest Chicken Fajita</b> <b>Salad</b> Rip Stick Seasoned Corn Red Delicious Apple 1% Milk Chocolate Milk	30		