

Lunch Menu

September 2023

Meals catered by LSS Meals



Milk served with all meals:
 Whole milk for ages 12 to 23 months.
 1% milk for ages 2 to 12 years.

1 serving of whole grain will be served daily

WG = whole grain

Mon	Tue	Wed	Thu	Fri
				1 Pizza Fruit Veggie Yogurt
4 Kids Inc Closed	5 Turkey Noodles Steamed Veggies Pears	6 Meatloaf Mashed Potatoes WG Bread Applesauce	7 WG Mac & Cheese Green Beans Banana	8 Pizza Fruit Veggie Yogurt
11 Salisbury Steak Green Beans Applesauce WG Bread	12 Chicken Ala King WG Brown Rice Peas and Carrots Tropical Fruit	13 Beef Taco w/ WG shell Steamed Veggies Apples	14 Chicken Salad on WG Bun Carrots Banana	15 Pizza Fruit Veggie Yogurt
18 Chicken w/ Marinara and cheese Carrots WG Bread Stick Applesauce	19 Ground Beef Mac & Cheese Peas and Carrots Peaches	20 WG Bean & Cheese Burrito Steamed Veggies Pears	21 Turkey in Gravy Mashed Potatoes Banana WG Bread Slice	22 Pizza Fruit Veggie Yogurt
25 Hamburger on WG Bun Baked Beans Applesauce	26 WG Pasta w/ Meat Sauce Steamed Veggies Pears	27 Teriyaki Chicken WG Brown Rice Carrots Apples	28 WG Cheese Calzone Steamed green beans Banana	29 Pizza Fruit Veggie Yogurt