




SEPTEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
4 DAILY CHOICES: SANDWICH ~~~~~ YOGURT/WHOLE GRAIN BAGEL/SUNFLOWER SEEDS ~~~~~ VARIETY OF FRUITS AND VEGETABLES ~~~~~ VARIETY OF MILK	5 CHEESEBURGER ON WG BUN ~~~~~ TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ STRAWBERRY CUP	6 WHOLE GRAIN PIZZA ~~~~ GRILLED CHICKEN CAESAR SALAD/WHOLE GRAIN SUN CHIPS ~~~~~ CAESAR SALAD	7 BUILD YOUR OWN HARD SHELL CHICKEN TACOS ~~~~~ SUPER SLOPPY JOE ~~~~~ GREEN BEANS	8 HAPPY HARVEST FEST ROASTED BBQ CHICKEN & WG BLEUBERRY MUFFIN ~~~~~ HOT DOG ON A WG BUN ~~~~~ BAKED BEANS FRESH WATERMELON 
11 HOMEMADE BEAN AND CHEESE ENCHILADA ~~~~~ INDIVIDUAL PIZZA ~~~~~ CANTALOPE	12 TWO SLIDER SUB SANDWICHES ~~~~~ SWEET & SOUR CHICKEN OVER WHOLE GRAIN RICE ~~~~~ FRESH FRUIT SALAD	13 WHOLE GRAIN PIZZA ~~~~ FIESTA TACO SALAD ~~~~~ CAESAR SALAD	14 TURKEY GRAVY/MASHED POTATOES/GRAVY ~~~~~ ROASTED BBQ CHICKEN ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEANS	15 WG CHICKEN STRIPS ~~~~~ CHICKEN & CHEESE CALZONE ~~~~~ BEAN LAYER DIP&CHIPS
18 WG CORN DOG ~~~~~ BUILD YOUR OWN HARD SHELL CHICKEN TACOS ~~~~~ STRAWBERRIES	19 TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ HAM & CHEESE WRAP SANDWICH AND CHIPS ~~~~~ COLESLAW	20 WHOLE GRAIN PIZZA ~~~~ SOUTHWESTERN CHICKEN FAJITA SALAD/ WITH WG FRITOS ~~~~~ CAESAR SALAD	21 CHICKEN FRIED STEAK WITH POTATOES & COUNTRY GRAVY ~~~~~ WG CRISPY CHICKEN NUGGETS ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ STEAMED BROCCOLI WITH CHEESE	22 WG CHICKEN SANDWICH ~~~~~ HAWAIIAN CHICKEN WRAP SANDWICH AND CHIPS ~~~~~ ROASTED VEGETABLES
25 INDIVIDUAL PIZZA ~~~~~ WG BURRITO ~~~~~ CORN	26 WG CHEESEBURGER ~~~~~ HOUSEMADE CHICKEN ENCHILADA WITH CHEDDAR CHEESE ~~~~~ POTATO WEDGES	27 WHOLE GRAIN PIZZA ~~~~ FRESH CHEF SALAD/WHOLE GRAIN SUN CHIPS ~~~~~ CAESAR SALAD	28 HOMEMADE CHILI WITH FRESH TOPPINGS ~~~~~ WHOLE GRAIN CORN DOG ~~~~~ FRESH MADE WG CINNAMON ROLL	29 WG SOFT TACO ~~~~~ WG CHICKEN STRIPS ~~~~~ BEAN LAYER DIP&CHIPS

**PLEASE REMEMBER TO RENEW YOUR APPLICATION FOR
 FREE AND REDUCED MEALS.
 A NEW APPLICATION NEEDS TO BE COMPLETED EACH YEAR.**



Did you know all of our
 grains are Whole Grain
 Rich?

*Welcome to the New St. Mary's Food Service Program
 Students may choose any menu item including the Daily Choices.
 Lunch cost is Pre-K to 4th Grade \$2.70, 5th -8th Grade is \$2.95
 Milk is 50 cents
 One Item off the salad bar it is 50 cents.*

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER