

# September

2022

## Lunch Menu 9<sup>th</sup>-12<sup>th</sup> Grade

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Verde Rice Bowl w/ Fiesta Corn and Black Beans + Tortilla Chips	2 Corn Dogs w/ Cucumber Slices and Jicama Sticks
5 <b>Labor Day No School</b>	6 Bean and Cheese Burritos w/ Jicama Sticks and Salsa Cups	7 Spaghetti and Meatballs w/ Spinach Salad and Roasted Carrots and Garlic Bread	8 Korean BBQ Chicken and Fried Rice w/ Cucumbers and Corn	9 Detroit Style Pizza w/ Broccoli and Celery Sticks	
12 Chicken Patty Sandwich w/Potato Wedges and Lettuce and Tomato	13 Beef Nachos w/ Beans and Salsa	14 Pasta Alfredo and Chicken w/ Broccoli and a Side Salad + Dinner Roll	15 Beef Chalupa w/Pinto Beans and Cucumber Slices	16 Cheese Calzones w/ Broccoli and Carrot Sticks	
19 Hot Dogs w/Tater Tots and Celery Sticks	20 Chicken Nuggets w/ Mashed Potatoes and Baby Carrots + Goldfish Crackers	21 Meatball Sandwich w/Spinach Salad and Celery Sticks	22 Chicken Tamales w/Rice and Pinto Beans and Salsa	23 Detroit Style Pizza w/ Cucumber slices and Carrot Sticks	
26 Beef Hamburger w/ Tater Tots and Lettuce and Tomato	27 Chicken Teriyaki and Rice w/ Carrots and Broccoli + Goldfish Crackers	28 BBQ Chicken with Corn Muffin and Baby Carrots and Mashed Potatoes + Dinner Roll	29 Bean and Cheese Pupusa w/ Curtido and Salsa	30 Beef Chalupa w/Corn and Broccoli	

At lunch, students are offered all five required food components in at least the minimum required amounts. The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under Offer Vs Serve, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable component.

There will be additional fruits and vegetable options available for all students.