

Child's Name _____

First and Last _____

Grade _____

SEPTEMBER 2023

Please Return by Thursday, September 7th

Monday

Tuesday

Wednesday

Thursday

Friday



1

No School

School office closed

4

No School
Labor Day

5

Tacos
WG Tortilla
Shredded Cheese & Lettuce
Pinto Beans & Salsa
Banana

6

Beef Hamburger
WG Hamburger Bun
Sliced Cheese
Potato Wedges
Canned Fruit

7

Teriyaki Chicken
Brown Rice
Fresh Carrots
Oranges

8

Cheese Pizza
Broccoli
Sliced Cucumbers
Apple

11

Pizza Burger
WG Hamburger Bun
Pizza Sauce
Mozzarella Cheese
Celery Sticks & Oranges

12

Mac & Cheese
Tea Biscuit
Peas
Canned Fruit

13

Grilled Chicken Strips
Salad & Ranch Packet
Carrots & Cucumbers
Tea Biscuit
Banana

14

Waffles
Turkey Sausage
Celery Sticks
Orange Juice
Syrup Packet

15

Cheese Pizza
Broccoli
Apple
Ranch Packet

18

Breaded Chicken Drumstick
Carrots & Corn
Tea Biscuit
Canned Fruit

19

French Toast Sticks
Turkey Sausage
Orange Juice
Carrots
Syrup Packet

20

Chicken Tenders
Mashed Potatoes
Seasonal Fruit
Celery Sticks
Tea Biscuit

21

Chicken Fajita
WG Tortilla
Onions & Peppers
Shredded Lettuce & Cheese
Pinto Beans & Salsa
Banana

22

Cheese Pizza
Salad
Ranch Packet
Broccoli
Cucumbers
Apple

25

Beef Hot Dog
WG Bun
Potato Wedges
Carrots & Oranges

26

Beef Hamburger
WG Hamburger Bun
Baked Beans & Fruit
Coleslaw & Swiss Cheese

27

Sweet & Sour Chicken
Brown Rice
Carrots
Canned Fruit

28

Cheese Omelet
English Muffin
Apple & Cucumbers
Jelly Packet

29

Cheese Pizza
Broccoli
Orange
Ranch Packet

My Child **WILL TAKE** hot lunch EVERYDAY this month.

My Child will **NOT TAKE** hot lunch this month.

Meals provided by Lancer Dining Services. Menu is subject to change.

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1% OR FAT FREE CHOCOLATE. ALL BREADS SERVED ARE WHOLE GRAIN. Lancer Dining services does not use pork, peanut, tree nut, or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned), 100% whole grains, and a variety of lean meats using heart-healthy oils and low salt seasonings. Please visit dining.lancerhospitality.com for more information.