

Child's Name _____

First and Last _____

Grade _____

SEPTEMBER 2022

Please Return by Wednesday, September 7th

Monday

Tuesday

Wednesday

Thursday

Friday

5

**No School
Labor Day**

6

Beef Meatloaf w/ Gravy
Whipped Potatoes
Sliced Cucumbers
WG Tea Biscuit
Fresh Apple

7

Sweet & Sour Chicken
Brown Rice
Broccoli
Fresh Fruit

1

2

8

Turkey a la King
Corn
WG Biscuit
Fresh Apple

9

**Pizza Hut
Cheese Pizza**
Carrots
Fresh Apple

12

Chicken Burger
Sliced Cheese
Brussels sprouts
Carrots
Fresh Apple

13

**Meatballs w/
Marinara**
Shredded Mozzarella
WG Hot Dog Bun
Corn & Applesauce

14

Waffles
Chicken Patty
Carrots
Syrup Cup
Orange Juice

15

Beef Hot Dog
WG Bun
Baked Beans
Ketchup Packet
Grape Juice

16

**Breaded Chicken
Patty**
WG Bun
Broccoli
Sliced Cucumbers
Fresh Apple

19

Macaroni & Cheese
Broccoli
Fresh Carrots
Apple Juice

20

Chicken Drumstick
WG Tea Biscuit
Corn
Orange Juice

21

Turkey w/ Gravy
Mashed Potatoes
WG Tea Biscuit
Fresh Apple

22

Beef Tacos
WG Tortilla
Black Beans
Lettuce & Corn Salsa
Fresh Apple

23

**Pizza Hut
Cheese Pizza**
Carrots
Banana

26

Beef Hot Dog
Ranch Beans
Apple Juice

27

**Chicken Patty
Sandwich**
Applesauce
Broccoli & Carrots

28

Pancakes
Sausage Patty
Celery Sticks
Apple Juice

29

Sloppy Joe
WG Bun
Corn
Fresh Fruit

30

Sweet & Sour Chicken
Brown Rice
Carrots
Fresh Apple

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.