

# SEPTEMBER 2024

## LUNCH



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

**Labor Day**  
**No School**

2

Grilled Cheese  
Tomato soup  
Sunchips  
Fruit

9

**National Stepfamily Day**  
**Chicken Bacon wrap**  
**Chips**  
Fruit

16

Sloppy Joe  
Tater tots  
Mixed Veggies  
Fruit

23

Chicken fried rice  
Egg rolls  
fruit

30

### TUESDAY

**Nachos w taco meat**  
**Refried beans**  
**Corn**  
Fruit

3

Spaghetti  
Garlic Bread  
Green Beans  
Fruit

10

Chicken Alfredo  
Garlic Bread  
Broccoli  
Fruit

17

Chili Mac  
Tortilla chips  
Corn  
Fruit

24

### WEDNESDAY

Steak fingers  
Mashed potatoes w  
white gravy  
Bread roll  
Green beans

4

Rib patty sandwich  
Potato wedges  
Carrots  
Fruit

11

Hamburger  
Fries  
Veggie mix  
Fruit

18

Meatball sub  
Sweet potato fries  
Green beans  
Fruit

25

### THURSDAY

Quesadillas  
Black beans and corn  
Fruit

5

Pizza  
Side salad  
Corn  
Fruit

12

Pulled pork Sandwich  
Baked beans  
Potato salad  
fruit

19

Hot Dogs  
Baked Beans  
Waffle fries  
Fruit

26

### FRIDAY

6

20

27

