



## SCHOOL LUNCH MENU 2022-2023



**1% White or Fat Free Chocolate Milk or Non-Dairy Milk**  
**Water available at all meals**  
**Menus Are Subject to Change**

Week of	Monday	Tuesday	Wednesday	Thursday	Friday
9/5	<b>Labor Day – No School</b>	Fajita Chicken Rice Sweet Peppers Mixed Greens Salad Peaches Milk ✓	Pasta ⊕ with Meat Sauce Corn Mixed Greens Salad Mixed Fruit Milk  ** GF= Gluten-free pasta	Grilled Cheese ⊕ Tomato Soup Mixed Greens Salad Pears Milk **GF: GF Bread Available	Egg Salad Sandwich ⊕ Chicken Noodle Soup & Veggies Mixed Greens Salad Applesauce Milk GF: GF Bread Available
9/12	Hamburger on Wheat Bun ⊕ French Fries Corn Mixed Greens Salad Applesauce Milk GF: burger without bun	Chicken Nuggets ⊕ Sweet Potatoes Mixed Greens Mandarin Oranges Milk GF: Grilled Chicken Strips	Macaroni & Cheese ⊕ Green Beans Mixed Greens Salad Mixed Fruit Milk ** GF= Gluten-free pasta	White Chicken Chili Beans Corn Salad Peaches Milk ✓	BBQ Pork on Wheat Bun Buttered Noodles ⊕ Mixed Vegetables Mixed Green Salad Pears Milk GF: without bread
9/19	Sloppy Joes on a Bun ⊕ Buttered Noodles Wax Beans Mixed Greens Salad Pears Milk GF: burger without bun	Chicken Strips Mashed Potatoes & Gravy Wax & Green Beans Mixed Greens Salad Pineapple Chunks Milk ✓	Goulash ⊕ Broccoli Mixed Greens Salad Mixed Fruit Milk ** GF= Gluten-free pasta	Grilled Cheese ⊕ Tomato Soup ⊕ Mixed Greens Salad Peaches Milk ** select from below	Cheese Pizza ⊕ Tater Tots Mixed Vegetables Mixed Greens Salad Applesauce Milk GF: GF Pizza Available
9/26	Hamburger on Wheat Bun ⊕ French Fries Corn Mixed Greens Salad Applesauce Milk GF: burger without bun	Chili w/ Cheese & Cornbread ⊕ Rice Beans Mixed Greens Salad Peaches Milk ✓ ** GF= No Cornbread	Chicken Alfredo ⊕ Broccoli Mixed Greens Salad Mixed Fruit Milk ** GF= Gluten-free pasta	Hamburger Gravy Mashed Potatoes Corn Mixed Greens Salad Pears Milk ✓	Tuna Sandwich ⊕ Veggie Soup Mixed Greens Salad Applesauce Milk GF: without bread

**Daily Option: Sunflower Butter/Jelly (100% PEANUT FREE) or Cheese Sandwich on Whole Wheat with Milk, Veggies and Fruit of the day**

✓ = Meal as prepared is gluten free      ⊕ = HAS GLUTEN/Modification made

\*\* On these days, entrée not GF so staff will assist student to choose one of the following GF options:

**Burger (no bun), Cheeseburger (no bun), Chicken, Hard Boiled Eggs each is served with the daily Vegetables, Fruit, & Milk**