



**Grab and Go SANDWICH**  
Italian Sub (28g)  
Turkey Wrap (29g),  
Tuna Salad wrap(31g)  
Ham & Cheese Sub (28g)



**Grab and Go Salads**  
Chef Salad (8g),  
Garden Salad (14.5g), or  
Caesar Salad (15g)  
All Salads come with your  
choice of whole grain  
(Cheese Its, Goldfish,  
whole grain Muffin)

All Lunches Must  
Include a Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



August 28, 2023  
September 29, 2023

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MON	TUES	WED	THURS	FRI
<sup>28</sup> No School for Student	<sup>29</sup> Meatballs over Pasta Garlic Bread Fresh Broccoli Fruit Cocktail	<sup>30</sup> Bosco Sticks W/ Marinara Sauce Mixed Vegetable Pineapple Bits	<sup>31</sup> Chef Choice	<sup>1</sup> Labor Day Recess
<sup>4</sup> Labor Day	<sup>5</sup> Chef Choice	<sup>6</sup> Jumbo Cheese Ravioli & Meat Sauce Garlic Bread Spinach	<sup>7</sup> Cherry Blossom Chicken With Rice WG Dinner Roll Green Beans	<sup>8</sup> Sloppy Joe on WG Bun Oven Fried Potatoes Sliced Peaches California Blend
<sup>11</sup> Boneless Chicken Wings(14) WG Dinner Roll(30) French Fries(14) Sliced Peaches (18)	<sup>12</sup> Bosco Sticks w/Marinara Sauce Seasoned Carrots Fresh Grapes	<sup>13</sup> 2 Chicken Drumsticks WG Dinner Roll Tator Tots Steamed Green Beans Diced Peaches	<sup>14</sup> Hot Roast Beef Sandwich Whipped Potatoes W/Gravy Roasted Corn Fruit Cocktail	<sup>15</sup> Cheese Enchilada Salsa Spanish Rice Black Beans Pineapple
<sup>18</sup> Spicy Popcorn Chicken Mash Potatoes Whole Kernel Corn	<sup>19</sup> Bosco Sticks Marinara Sauce Mixed Vegetable Pineapple	<sup>20</sup> Chicken Alfredo over Noodles WG Dinner Roll Vegetable Blend	<sup>21</sup> 2 Breakfast Burrito With Salsa Hash Browns Orange Smiles	<sup>22</sup> Grilled Cheese French Fries Baked Beans Slice Apples
<sup>25</sup> Cheese Quesadillas Refried Beans Mixed Vegetable Fruit Cocktail	<sup>26</sup> Sweet & Sour Chicken Over Rice WG Dinner Roll Mixed Vegetable	<sup>27</sup> No School for Student	<sup>28</sup> Bosco Sticks Marinara Sauce Seasoned Carrots Pineapple	<sup>29</sup> Meatball over Pasta(47) Garlic Bread((15) Steamed Broccoli (3) Apple Sauce (22)

**CHICKEN:**  
Crispy or Spicy Chicken Sandwich (48g),  
Nuggets (14g)  
**BURGERS:** Cheeseburger (39g)  
Hamburger (38g) & Veggie Burger (42g)

Apples 19g, Oranges 15g, Side Salad 6g  
**Monday:** Fruit cocktail 18g, Fresh Broccoli 1g & Kickin' Pintos 19g or Baked Beans 19g  
**Tuesday:** Pears 18g , Seasoned Carrots 4g & Celery Sticks 3g  
**Wednesday:** Peaches 18g, Baby Carrots 1g & Broccoli 4g  
**Thursday:** Pineapple 17g, Celery Sticks 3g & Green Beans 4g, or Mixed Vegetable 6g  
**Friday:** Applesauce 14g, Baby Carrots 1g & Tater Tots 19g or Curly Fries 19g, or Corn 4g