

September 2019

OCTORARA PLC & OES

LUNCH



School Information: MENU SUBJECT TO CHANGE. 9/2 NO SCHOOL
9/20 ½ DAY NO LUNCHES
9/25 WORLD SCHOOL MILK DAY



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

NO SCHOOL

2

HAPPY LABOR DAY!

Tuesday

CHICKEN NUGGETS W/
DINNER ROLL OR PB&J
PEAS, CHOICE OF CONDIMENTS
MANDARIN ORANGES
MILK SELECTION

3

Wednesday

TACO'S W/SCOOPS
OR PB&J
BAKED BEANS
LETTUCE & TOMATO CUP
FRUIT SELECTION
MILK SELECTION

4

Thursday

HOT DOGS OR
YOGURT LUNCH OR PB&J
BABY CARROTS
CHOICE OF CONDIMENTS
MIXED FRUIT
MILK SELECTION

5

Friday

MICKEY'S PIZZA OR
PB&J
BROCCOLI W/CHEESE
APPLE SLICES
MILK SELECTION

6

CHEESEBURGERS OR
DELI SANDWICH OR PB&J
BAKED BEANS
CHOICE OF CONDIMENTS
DICED PEARS
MILK SELECTION

9

POPCORN CHICKEN
W/DINNER ROLL OR DELI
SANDWICH OR PB&J
MASHED POTATOES & GRAVY,
CHOICE OF CONDIMENTS,
BLUEBERRIES, MILK SELECTION

10

BRAVE-A- BLE(SIMILAR TO
LUNCHABLES) OR PB&J
BABY CARROTS
STRAWBERRIES
MILK SELECTION

11

BREAKFAST 4 LUNCH
FRENCH TOAST STICKS
W/SYRUP & SAUSAGE OR PB&J
POTATOES
CHOICE OF CONDIMENTS
ORANGES, MILK SELECTION

12

MICKEY'S PIZZA OR PB&J
MIXED VEGGIES
APPLE SLICES
MILK SELECTION

13

CORNDOGS OR DELI
SANDWICH OR PB&J
BAKED BEANS
CHOICE OF CONDIMENTS
MANDARIN ORANGES
MILK SELECTION

16

CHICKEN PATTY
SANDWICH OR DELI
SANDWICH OR PB&J
GREEN BEANS
CHOICE OF CONDIMENTS
APPLESAUCE, MILK SELECTION

17

SOFT SHELLED TACOS OR
DELI SANDWICH OR PB&J
SEASONED CHIC PEAS
LETTUCE & TOMATO CUP
CHOICE OF CONDIMENTS
MIXED FRUIT, MILK SELECTION

18

POPCORN SHRIMP
W/DINNER ROLL OR
YOGURT LUNCH OR PB&J
STEAMED CARROTS
CHOICE OF CONDIMENTS
PINEAPPLE TIDBITS, MILK SELECTION

19

½ DAY
NO LUNCH

20

BBQ BEEF RIB PATTY
SANDWICH OR DELI
SANDWICH OR PB&J
CORN, CHOICE OF CONDIMENTS
DICED PEARS
MILK SELECTION

23

ASIAN CHICKEN W/RICE
OR DELI SANDWICH OR
PB&J, PEAS
CHOICE OF CONDIMENTS
CHILLY PEACHES
MILK SELECTION

24

MINI MEATBALL HOAGIE
OR YOGURT LUNCH OR PB&J
GREEN BEANS
CHOICE OF CONDIMENTS
MIXED FRUIT
MILK SELECTION

25

SAUSAGE & CHEESE
SLIDERS OR DELI
SANDWICH OR PB&J
BABY CARROTS
CHOICE OF CONDIMENTS
GRAPES, MILK SELECTION

26

MICKEY'S PIZZA
OR PB&J
FRESH BROCCOLI
CHOICE OF CONDIMENTS
APPLE SLICES
MILK SELECTION

27

MAC & CHEESE OR
DELI SANDWICH OR PB&J
STEWED TOMATOES
BAKED BEANS
CHOICE OF CONDIMENTS
MANDARIN ORANGES, MILK

30

