

September 2020 Roland-Story Elementary School

LUNCH



This institution is an equal opportunity provider.



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

Milk offered daily:
White, Chocolate, and Strawberry Skim Milk
White 1% Milk

Tuesday

Crispito
Chips W/Cheese **1**
Corn
Pears
Milk

Wednesday

Spaghetti W/Meat Sauce **2**
Breadstick
Green Beans
Applesauce
Milk

Thursday

Turkey Sub Sandwiches **3**
Baby carrots
Pineapple
Milk

Friday

Hot Dogs **4**
Mixed Vegetables
Peaches
Milk

Labor Day **7**
NO SCHOOL

Beef and Bean Burrito **8**
Black Beans
Strawberries
Milk

Meatballs **9**
Mashed Potatoes W/Gravy
Peas
Mixed fruit
Milk

Cheese Pizza **10**
Romaine Salad
Blueberries
Milk

Chicken Nuggets **11**
Fries
Mandarin Oranges
Milk

Pork Rib on a Bun **14**
Mixed Fruit
Green Beans
Milk

Chicken Tacos **15**
Corn
Diced Mango
Milk

PB&J Uncustable **16**
Sun Chips
Applesauce Cup
Celery Sticks
Milk

Chicken and Gravy **17**
Biscuit
Mashed Potatoes
Peas
Grapes
Milk

Turkey and Bacon Pita **18**
Goldfish Crackers
Baby Carrots
Pears
Milk

Chicken Strips **21**
Broccoli Normandy
Peaches
Milk

Cheese Quesadilla **22**
Grapes
Carrots and Celery Sticks
Milk

Mac and Cheese **23**
Dinner Roll
Mixed Vegetables
Mandarin Oranges
Milk

Beef Teriyaki Dippers **24**
Rice
Green Beans
Applesauce
Milk

Turkey Fritter Sandwich **25**
Capri Vegetables
Mixed Fruit
Milk

Hot Ham and Cheese **28**
Sandwich
Peaches
Country Trio Veggies

Beef Tacos **29**
Green Beans
Apple Slices
Milk

Chicken Alfredo **30**
Bowtie Pasta
Breadstick
Broccoli
Pears
Milk

