

September 2020

Roland-Story High 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
Corn
Pears
Milk

Wednesday

Spaghetti W/Meat Sauce
Breadstick
Green Beans
Applesauce
Milk

Thursday

Turkey Sub Sandwiches
Baby carrots
Pineapple
Milk

Friday

Chili Cheese Dogs
Mixed Vegetables
Peaches
Milk

Labor Day
NO SCHOOL

Beef and Bean Burrito
Black Beans
Strawberries
Milk

Meatballs
Mashed Potatoes W/Gravy
Peas
Mixed fruit
Milk

Peperoni Pizza
Romaine Salad
Blueberries
Milk

Chicken Nuggets
Fries
Mandarin Oranges
Milk

Pork Rib on a Bun
Mixed Fruit
Green Beans
Milk

Chicken Tacos
Corn
Diced Mango
Milk

PB&J Uncustable
Sun Chips
Applesauce Cup
Celery Sticks
Milk

Chicken and Gravy
Biscuit
Mashed Potatoes
Peas
Grapes
Milk

Turkey and Bacon Pita
Goldfish Crackers
Baby Carrots
Pears
Milk

Chicken Strips
Broccoli Normandy
Peaches
Milk

Cheese Quesadilla
Grapes
Carrots and Celery Sticks
Milk

Mac and Cheese
Dinner Roll
Mixed Vegetables
Mandarin Oranges
Milk

Beef Teriyaki Dippers
Rice
Green Beans
Applesauce
Milk

Turkey Fritter Sandwich
Capri Vegetables
Mixed Fruit
Milk

Hot Ham and Cheese
Sandwich
Peaches
Country Trio Veggies

Beef Tacos
Green Beans
Apple Slices
Milk

Chicken Alfredo
Bowtie Pasta
Breadstick
Broccoli
Pears
Milk

