

Monday 8/30	Tuesday 8/31 American Cheese Day	Wednesday 9/1 National Coconut Day	Thursday 9/2	Friday 9/3
<p><b>Lunch Option #1:</b> Oven Roasted Carved Turkey Breast with Homestyle Gravy and Cranberry Sauce</p> <p><b>Lunch Option #2:</b> Lemon Pepper Pan Seared Tilapia</p> <p><b>Sandwich Option #1:</b> Carved Turkey and Cheddar Panini with Spinach, Tomato, Cranberry Mayo</p> <p><b>Salad Option #1:</b> Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Seasoned Green Beans, Cornbread Stuffing, Mashed Sweet Potatoes</p> <p><b>Today's Fruit:</b> Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Ground Beef Soft Tacos</p> <p><b>Lunch Option #2:</b> Grilled Cheese on Texas Toast</p> <p><b>Sandwich Option #1:</b> Tuna Salad on Wheat with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Fried Barbecue Chicken Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Spanish Rice, Refried Beans</p> <p><b>Today's Fruit:</b> Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Coconut Curry Chicken</p> <p><b>Lunch Option #2:</b> Beef Hot Dog with a Whole Grain Bun</p> <p><b>Sandwich Option #1:</b> Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese.</p> <p><b>Salad Option #1:</b> Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> California Blend Vegetables, Steamed Brown Rice</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Lemon Herb Roasted Chicken</p> <p><b>Lunch Option #2:</b> Pulled Pork and Coleslaw Sandwich on a Kaiser Roll</p> <p><b>Sandwich Option #1:</b> Roast Beef and Swiss on a Pretzel Roll</p> <p><b>Salad Option #1:</b> Chef Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Baked Beans with Pineapple, Local Corn on the Cob</p> <p><b>Today's Fruit:</b> Watermelon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Chicken Caesar Panini</p> <p><b>Sandwich Option #1:</b> Tuna Salad on Whole Wheat with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Chicken Caesar Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Italian Blend Vegetables, Baked Tater Tots</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 9/6 Labor Day	Tuesday 9/7 Rosh Hashana	Wednesday 9/8	Thursday 9/9 National Wiener Schitzel Day	Friday 9/10
No School	No School	<p><b>Lunch Option #1:</b> Traditional Jewish Braised Brisket</p> <p><b>Lunch Option #2:</b> Corn Dog</p> <p><b>Sandwich Option #1:</b> Italian Cold Cut Sub</p> <p><b>Salad Option #1:</b> Waldorf Chicken Salad over Greens with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Cucumber and Tomato Couscous, Steamed Cauliflower, Challah Bread</p> <p><b>Today's Fruit:</b> Apple Slices with Honey</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> German Weiner Shnitzel (breaded beef cutlet with lemon herb butter)</p> <p><b>Lunch Option #2:</b> Baked Chicken Nuggets</p> <p><b>Sandwich Option #1:</b> Barbecue Crispy Chicken Sandwich</p> <p><b>Salad Option #1:</b> Tuna Salad over Greens with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Roasted Mushrooms, Garlic Herb Red Potatoes</p> <p><b>Today's Fruit:</b> Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Grilled Veggie Burger on a Whole Grain Bun with Cheddar, Lettuce and Tomato</p> <p><b>Sandwich Option #1:</b> Eggplant Parmesan Sub</p> <p><b>Salad Option #1:</b> Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Steamed Broccoli, Garden Salad</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 9/13	Tuesday 9/14	Wednesday 9/15 National Linguini Day	9/16/2021 Yom Kippur	Friday 9/17
<p><b>Lunch Option #1:</b> Oven Fried Chicken and Waffles</p> <p><b>Lunch Option #2:</b> Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun</p> <p><b>Sandwich Option #1:</b> Chicken Salad with Lettuce and Tomato on a Kaiser Roll</p> <p><b>Salad Option #1:</b> Chicken Salad Garden Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Local Corn on the Cob, Baked Potatoes with Sour Cream and Cheddar</p> <p><b>Today's Fruit:</b> Watermelon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Teriyaki Salmon</p> <p><b>Lunch Option #2:</b> Baked Chicken Nuggets</p> <p><b>Sandwich Option #1:</b> Ham and Cheese on Wheat with Lettuce and Tomato and Pickles</p> <p><b>Salad Option #1:</b> Chef Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Steamed Brown Rice, Buttered Broccoli</p> <p><b>Today's Fruit:</b> Orange Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Linguini with Meat Sauce</p> <p><b>Lunch Option #2:</b> Eggplant Parmesan</p> <p><b>Sandwich Option #1:</b> Grilled Cheese on Texas Toast</p> <p><b>Salad Option #1:</b> Chef Salad</p> <p><b>Today's Sides:</b> Garlic Breadsticks, Green Beans Provencal</p> <p><b>Today's Fruit:</b> Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	No School	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Cheese Ravioli with Marinara</p> <p><b>Sandwich Option #1:</b> Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese.</p> <p><b>Salad Option #1:</b> Chicken Caesar Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Italian Blend Vegetables, Baked Tater Tots</p> <p><b>Today's Fruit:</b> Diced Peaches</p>
9/20/2021 National Pepperoni Pizza Day National Queso Day	Tuesday 9/21	Wednesday 9/22	Thursday 9/23	Friday 9/24 Native American Day
<p><b>Lunch Option #1:</b> Grilled Chicken Nachos with Black Beans, Tomatoes, Onions, Green Peppers, and Queso</p> <p><b>Lunch Option #2:</b> Pepperoni Bagel Pizzas</p> <p><b>Sandwich Option #1:</b> Seafood Salad Wrap with Lettuce and Tomatoes</p> <p><b>Salad Option #1:</b> Crispy Barbecue Chicken Salad</p> <p><b>Today's Sides:</b> California Blend Vegetables, Mediterranean Orzo Salad</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Ground Beef Soft Tacos</p> <p><b>Lunch Option #2:</b> Vegetable Quesadilla</p> <p><b>Sandwich Option #1:</b> Italian Cold Cut Sub</p> <p><b>Salad Option #1:</b> Southwest Chicken Salad</p> <p><b>Today's Sides:</b> Mexican Street Corn, Spanish Rice, Sopapillas</p> <p><b>Today's Fruit:</b> Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Salisbury Steak with Gravy</p> <p><b>Lunch Option #2:</b> Grilled Turkey Burger on a Whole Grain Bun with Lettuce and Tomatoes</p> <p><b>Sandwich Option #1:</b> Ham and Swiss with Honey Mustard</p> <p><b>Salad Option #1:</b> Mediterranean Tuna Salad over Garden Salad</p> <p><b>Today's Sides:</b> Mashed Potatoes, Green Beans</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Grilled Veggie Burger with Swiss, Lettuce and Tomato</p> <p><b>Sandwich Option #1:</b> Crispy Chicken Caesar Salad Wrap</p> <p><b>Salad Option #1:</b> Chef Salad</p> <p><b>Today's Sides:</b> Italian Blend Vegetables, Baked Fries</p> <p><b>Today's Fruit:</b> Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Poyha Turkey and Cornmeal Loaf (turkey meatloaf) with Cranberry Sauce</p> <p><b>Lunch Option #2:</b> Pueblo Pork Roast</p> <p><b>Sandwich Option #1:</b> Navajo Fry Bread Beef Taco</p> <p><b>Salad Option #1:</b> Three Sisters Salad</p> <p><b>Today's Sides:</b> Succotash, Roasted Turnips and Winter Squash with Agave Glaze, Honey Cornbread</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 9/27	Tuesday 9/28	Wednesday 9/29	Thursday 9/30	10/1/2021 World Vegetarian Day
<p><b>Lunch Option #1:</b> General Tso's Chicken</p> <p><b>Lunch Option #2:</b> Vegetable Lo Mein</p> <p><b>Sandwich Option #1:</b> Barbecue Chicken Wrap</p> <p><b>Salad Option #1:</b> Teriyaki Salmon Salad</p> <p><b>Today's Sides:</b> Asian Blend Vegetables, Pork Egg Rolls, Egg Fried Rice</p> <p><b>Today's Fruit:</b> Mandarin Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Beef Lasagna with Meat Sauce</p> <p><b>Lunch Option #2:</b> Cheese Ravioli</p> <p><b>Sandwich Option #1:</b> Roast Beef and Cheddar with Lettuce, Tomato and Pickles</p> <p><b>Salad Option #1:</b> Mozzarella Caprese Salad over Spinach with Roasted Red Peppers, Grilled Red Onions, and Balsamic</p> <p><b>Today's Sides:</b> Italian Blend Vegetables, Garlic Bread</p> <p><b>Today's Fruit:</b> Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Oven Fried Chicken and Waffles</p> <p><b>Lunch Option #2:</b> Homestyle Beef Stew with Biscuit</p> <p><b>Sandwich Option #1:</b> Ham and American Cheese</p> <p><b>Salad Option #1:</b> Tuna Salad over Garden Salad</p> <p><b>Today's Sides:</b> Collard Greens, Baked Macaroni and Cheese</p> <p><b>Today's Fruit:</b> Sliced Apples</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Baked Chicken Tenders with Barbecue Dipping Sauce</p> <p><b>Lunch Option #2:</b> Homestyle Beef Stew with Biscuit</p> <p><b>Sandwich Option #1:</b> Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese.</p> <p><b>Salad Option #1:</b> Cobb Salad</p> <p><b>Today's Sides:</b> Key Largo Vegetables, Baked Tater Tots</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Grilled Veggie Burger with Swiss, Lettuce and Tomato</p> <p><b>Sandwich Option #1:</b> Roasted Veggie and Cheddar Wrap</p> <p><b>Salad Option #1:</b> Roasted Root Vegetable Salad</p> <p><b>Today's Sides:</b> Italian Blend Vegetables, Rice Pilaf</p> <p><b>Today's Fruit:</b> Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>