



September 2019

LET'S HAVE A GREAT SCHOOL YEAR



DAILY CHOICES:

A = MAC & CHEESE
W/ BROCCOLI

B = GRILLED CHEESE
W/MIXED FRUIT







C = HEALTHY HARBOR SALAD
GRILLED CHICKEN, CARROTS,
TOMATO, PEPPERS, CUCUMBER
AVOCADO OVER ROMAINE

EACH LUNCH IS
\$5.75. A DRINK IS
NOT INCLUDED

CHECK OFF
1, 2, A, B or C FOR
EACH DAY

Catered by:



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 	3 	4 A B C 1 FRENCH TOAST STICKS W/ MIXED BERRIES 2 PANCAKES W/ MIXED BERRIES	5 A B C 1 PENNE ALA-VODKA W/ CAESAR SALAD 2 CHICKEN & BROCCOLI OVER PASTA	6 GF PIZZA 1 REGULAR 2 SICILIAN 	7
8	9 A B C 1 CHICKEN FINGERS W/ TATER TOTS 2 CHEESEBURGER W/ TATER TOTS	10 A B C 1 BEEF TACOS W/ CARROT5 STICKS 2 CHICKEN QUESADILLAS W/ CARROT STICKS	11 A B C 1 BACON, EGG & CHEESE W/ APPLE SMILES 2 CINNAMON OATMEAL APPLE PANCAKES W/ APPLE SMILES	12 A B C 1 CHILI W/ CHEESE & TORTILLA CHIPS 2 CHICKEN CAESAR SALAD	13 GF PIZZA 1 REGULAR 2 SICILIAN 	14
15	16 A B C 1 FISH STICKS W/ BAKED FRIES 2 HOT DOG W/ BAKED FRIES	17 A B C 1 CHICKEN & BROCCOLI OVER RICE 2 BEEF & BROCCOLI OVER RICE	18 A B C 1 BAGEL W/ CREAM CHEESE W/ ORANGES 2 COCO PANCAKES W/ ORANGES	19 A B C 1 AMERICAN HERO W/ MIXED FRUIT 2 ITALIAN HERO W/ MIXED FRUIT	20 GF PIZZA 1 REGULAR 2 SICILIAN 	21
22	23 A B C 1 BBQ CHICKEN MASHED POTATOES 2 PULLED PORK W/ MASHED POTATOES	24 A B C 1 TURKEY TACOS W/ CORN 2 STEAK QUESADILLAS W/ CORN	25 A B C 1 BLUEBERRY PANCAKES W/ MIXED FRUIT 2 HAM, EGG & CHEESE w/ MIXED FRUIT	26 A B C 1 CHICKEN PARM OVER PASTA 2 SPAGHETTI & MEATBALLS	27 GF PIZZA 1 REGULAR 2 SICILIAN 	28

NAME _____ GRADE _____ NUMBER of LUNCHES _____ CHECK # _____ AMOUNT _____