



September 2018

LET'S HAVE A GREAT SCHOOL YEAR



DAILY CHOICES:

A = MAC & CHEESE
W/ BROCCOLI

B = GRILLED CHEESE
W/MIXED FRUIT

C = HEALTHY HARBOR SALAD
GRILED CHICKEN, CARROTS,
TOMATO, PEPPERS, CUCUMBER
AVOCADO OVER ROMAIN

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

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



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 	4 	5 A B C 1 FRENCH TOAST STICKS W/ MIXED BERRIES 2 PANCAKES W/ MIXED BERRIES	6 A B C 1 PENNE ALAVODKA W/ CAESAR SALAD 2 CHICKEN & BROCCOLLI OVER PASTA	7 GF PIZZA 1 REGULAR 2 SICILIAN 	8
9	10 	11	12 A B C 1 BACON, EGG & CHEESE W/ APPLE SMILES 2 CINNAMON OATMEAL APPLE PANCAKES W/ APPLE SMILES	13 A B C 1 CHILI W/ CHEESE & TORTILLA CHIPS 2 CHICKEN CAESAR SALAD	14 GF PIZZA 1 REGULAR 2 SICILIAN 	15
16	17 A B C 1 CHICKEN FINGERS W/ TATER TOTS 2 CHEESEBURGER W/ TATER TOTS	18 A B C 1 CHICKEN FAJITAS OVER RICE 2 STEAK FAJITAS OVER RICE	19 	20 A B C 1 AMERICAN HERO W/ MIXED FRUIT 2 ITALATIAN HERO W/ MIXED FRUIT	21 GF PIZZA 1 REGULAR 2 SICILIAN 	22
23	24 A B C 1 BBQ CHICKEN MASHED POTATOES 2 MEATLOAF W/ MASHED POTATOES	25 A B C 1 TURKEY TACOS W/ CORN 2 STEAK QUESADILLAS W/ CORN	26 A B C 1 BLUEBERRY PANCAKES W/ MIXED FRUIT 2 BAGEL W/CREAM CHEESE w/ MIXED FRUIT	27 A B C 1 CHICKEN PARM HERO W/ CARROT STICKS 2 MEATBALL PARM. HERO W/ CARROT STICKS	28 GF PIZZA 1 REGULAR 2 SICILIAN 	29

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