

SEPTEMBER

Lunch

Muroc JUSD Elementary Lunch

LSB - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY ³	MINI CORN DOGS & CHICKEN FUN MIX ⁴ Orange Sorbet 100% Juice Choice of Milk Salad Bar Selections Black Beans Corn	CHEESY FLATBREAD ⁵ ^ Diced Pears Choice of Milk Salad Bar Selections Pickle Chips	CRISPY CHICKEN PATTY ⁶ ^ Hamburger Bun ^ Fresh Apple Slices Choice of Milk Salad Bar Selections Green Pepper Slices	SPAGHETTI & MEATBALLS ⁷ ^ Fresh Banana* Choice of Milk Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes
CHICKEN STRIPS W/SWEET POTATO PUFFS ¹⁰ ^ Applesauce Cup Choice of Milk Salad Bar Selections Pickle Chips	BAGEL DOG ¹¹ ^ Choice of Milk Salad Bar Selections Black Beans	HOMESTYLE SALISBURY STEAK W/GRAVY ¹² Sliced Bread ^ Fresh Pear* Choice of Milk Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	CHEESY FLATBREAD ¹³ ^ Mixed Fruit Cup Choice of Milk Salad Bar Selections	BBQ CHICKEN ¹⁴ Hamburger Bun ^ Fresh Banana* Choice of Milk Salad Bar Selections
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ¹⁷ ^ Mixed Fruit Cup Choice of Milk Salad Bar Selections Black Beans Corn	PANCAKES & SAUSAGE ¹⁸ Orange Juice Syrup Choice of Milk Salad Bar Selections Pickle Chips	PEPPERONI FLATBREAD ¹⁹ ^ Diced Peaches Choice of Milk Salad Bar Selections Green Pepper Slices	MAC & CHEESE ²⁰ ^ Fresh Apple Slices Choice of Milk Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	CHARBROILED HAMBURGER ²¹ Hamburger Bun ^ Fresh Banana* Choice of Milk Salad Bar Selections
PIZZA DIPPERS ²⁴ Marinara Dipping Sauce Applesauce Cup Choice of Milk Salad Bar Selections	CHICKEN QUESO BURRITO ²⁵ Pineapple Tidbits Choice of Milk Salad Bar Selections Black Beans	RANCH TURKEY BURGER ²⁶ Hamburger Bun ^ Chipotle Ranch Fresh Banana* Choice of Milk Salad Bar Selections	POPCORN CHICKEN ²⁷ Orange Juice Choice of Milk Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	HOT DOG W/ POTATO ROUNDS ²⁸ Hot Dog Bun ^ Fresh Pear* Choice of Milk Salad Bar Selections Pickle Chips

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

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