

# SEPTEMBER

## Lunch

### Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LABOR DAY</b> 3	<b>MINI CORN DOGS</b> <b>TACO MEAT</b> Tortilla Chips Orange Sorbet 100% Juice Mixed Fruit Cup Vanilla Cookie ^ Choice of Milk Salad Bar Selections Green Pepper Slices 4	<b>CHEESY FLATBREAD ^</b> <b>TURKEY BOLOGNA SANDWICH^</b> <b>CHICKEN TENDERS</b> Sliced Bread ^ Diced Pears Choice of Milk Salad Bar Selections Pickle Chips 5	<b>SPICY CHICKEN FILLET</b> Hamburger Bun ^ <b>HOT DOG</b> Hot Dog Bun ^ <b>CHEESE PIZZA WEDGE</b> Fresh Apple* Pretzel ^ Choice of Milk Salad Bar Selections Green Pepper Slices 6	<b>SPAGHETTI W/MEATBALLS</b> Breadstick (IW)^ <b>PIZZA DIPPERS</b> Marinara Dipping Sauce <b>HAMBURGER</b> Hamburger Bun Fresh Banana* Choice of Milk Salad Bar Selections Pickle Chips 7
<b>CHICKEN TENDERS</b> Sweet Potato Puffs <b>ROTINI BAKE ^</b> Applesauce Cup Breadstick (IW)^ Choice of Milk Salad Bar Selections 10	<b>BAGEL DOG ^</b> <b>CHICKEN NUGGETS</b> Potato Rounds <b>PEPPERONI PIZZA WEDGE ^</b> Pineapple Tidbits Cherry Craisins Multi Grain Sun Chips ^ Choice of Milk Salad Bar Selections Black Beans 11	<b>SALISBURY STEAK W/ GRAVY</b> <b>CRISPY CHICKEN FILLET</b> Hamburger Bun ^ <b>BEAN &amp; CHEESE BURRITO ^</b> Fresh Banana Mixed Fruit Cup Choice of Milk Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins 12	<b>SAUSAGE PIZZA WEDGE ^</b> <b>DELI SUB SANDWICH</b> <b>MAC &amp; CHEESE ^</b> Sliced Bread ^ Fresh Apple* Choice of Milk Salad Bar Selections 13	<b>BBQ CHICKEN</b> <b>CHEESE PIZZA WEDGE ^</b> <b>HAMBURGER</b> Hamburger Bun Fresh Pear* Choice of Milk Salad Bar Selections 14
<b>CHICKEN DUNKERS</b> <b>W/PARMESAN MARINARA SAUCE ^</b> Breadstick (IW)^ <b>BAGEL DOG ^</b> Mixed Fruit Cup Choice of Milk Salad Bar Selections Black Beans Corn 17	<b>PANCAKES &amp; SAUSAGE ^</b> Syrup <b>RANCH TURKEY BURGER</b> Hamburger Bun ^ <b>BEAN &amp; CHEESE BURRITO ^</b> Diced Peaches Cherry Craisins Choice of Milk Salad Bar Selections 18	<b>PEPPERONI FLATBREAD ^</b> <b>TURKEY BOLOGNA SANDWICH^</b> SunSet Sip Juice <b>CHEESY PARM WRAP ^</b> Orange Juice Diced Pears Choice of Milk Salad Bar Selections Green Pepper Slices 19	<b>MAC &amp; CHEESE ^</b> <b>POPCORN CHICKEN</b> <b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce Fresh Apple* Corn Muffin ^ Choice of Milk Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes 20	<b>HAMBURGER</b> Hamburger Bun ^ <b>CHEESE PIZZA WEDGE ^</b> <b>CHICKEN TENDERS</b> Fresh Banana* Multigrain Sun Chips Choice of Milk Salad Bar Selections 21
<b>PIZZA DIPPERS</b> Marinara Dipping Sauce <b>CHICKEN NUGGETS</b> Potato Rounds Applesauce Cup Snickerdoodle Cookie ^ Choice of Milk Salad Bar Selections 24	<b>CHICKEN QUESO BURRITO</b> Salsa Cup <b>TACO MEAT</b> Soft Tortilla ^ <b>CHEESE PIZZA WEDGE</b> Pineapple Tidbits Tortilla Rounds ^ Choice of Milk Salad Bar Selections Black Beans 25	<b>RANCH TURKEY BURGER</b> Chipotle Ranch <b>SPICY CHICKEN FILLET</b> Hamburger Bun ^ <b>MINI CHEESE RAVIOLI WITH SAUCE ^</b> Fresh Banana* Diced Peaches Cheddar Sun Chips ^ Choice of Milk Salad Bar Selections 26	<b>POPCORN CHICKEN</b> <b>DELI SUB SANDWICH ^</b> <b>SPAGHETTI W/MEATBALLS</b> Fresh Apple* Choice of Milk Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^ 27	<b>HOT DOG</b> Hot Dog Bun ^ <b>PEPPERONI PIZZA WEDGE ^</b> <b>TOASTED CHEESE SANDWICH ^</b> Fresh Pear* Mixed Fruit Cup Chocolate Cookie ^ Choice of Milk Salad Bar Selections 28

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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