

SEPTEMBER

Lunch



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| 2 | 3 | 4 | 5 | 6 |
| | SALISBURY STEAK W/ GRAVY CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Apple Juice Mixed Fruit Cup Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins | PEPPERONI PIZZA WEDGE ^ HOT DOG Hot Dog Bun ^ GRILLED CHEESE SANDWICH ^ Diced Peaches Orange-Tangerine Juice Cheddar Sun Chips ^ Salad Bar Selections | MINI CORN DOGS CHICKEN NUGGETS CHEESE PIZZA WEDGE Fresh Apple* Snickerdoodle Cookie ^ Salad Bar Selections Black Beans | CHICKEN PARMESAN ^ HAMBURGER Hamburger Bun PIZZA DIPPERS Marinara Dipping Sauce Fresh Banana* Grape Juice Salad Bar Selections Pickle Chips |
| 9 | 10 | 11 | 12 | 13 |
| CHICKEN DUNKERS Marinara Dipping Sauce Breadstick (IW)^ CHEESE PIZZA WEDGE ^ Applesauce Cup Orange-Tangerine Juice Salad Bar Selections | BAGEL DOG ^ SPICY CHICKEN FILLET Hamburger Bun ^ PEPPERONI PIZZA WEDGE ^ Diced Pears Fruit Punch Juice Salad Bar Selections Pickle Chips | CHICKEN TACO Tortilla Rounds ^ HOT DOG Hot Dog Bun ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Fresh Banana Mixed Fruit Cup Chocolate Cookie ^ Salad Bar Selections Black Beans | MEATBALLS W/TOMATO SAUCE Hot Dog Bun ^ CHICKEN NUGGETS MAC & CHEESE ^ Fresh Apple* Multi Grain Sun Chips ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^ | TERIYAKI CHICKEN PATTY HAMBURGER Hamburger Bun CHEESY PARM WRAP ^ Diced Peaches Orange-Tangerine Juice Salad Bar Selections |
| 16 | 17 | 18 | 19 | 20 |
| PENNE PASTA W/ MEAT SAUCE Breadstick (IW)^ CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Orange-Tangerine Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Croutons ^ | TURKEY HAM & CHEESE PANINI ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Diced Pears Grape Juice Salad Bar Selections Black Beans Corn | CHICKEN QUESO BURRITO ^ HOT DOG Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Fresh Banana* Fruit Punch Juice Cheddar Sun Chips ^ Salad Bar Selections | FRENCH BREAD CHEESE PIZZA^ CHICKEN NUGGETS Corn Muffin ^ DELI SUB SANDWICH ^ Fresh Apple* Salad Bar Selections Green Pepper Slices | BBQ CHICKEN HAMBURGER Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Diced Peaches Salad Bar Selections Craisins |
| 23 | 24 | 25 | 26 | 27 |
| POPCORN CHICKEN CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Fruit Punch Juice Vanilla Cookie ^ Salad Bar Selections | RANCH TURKEY BURGER Chipotle Ranch CRISPY CHICKEN FILLET Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Applesauce Cup Orange-Tangerine Juice Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^ | MAC & CHEESE ^ HOT DOG Hot Dog Bun ^ PEPPERONI PIZZA WEDGE ^ Fresh Banana* Grape Juice Multi Grain Sun Chips ^ Salad Bar Selections | SLOPPY JOE Hamburger Bun ^ CHICKEN DIPPERS Salsa Cup MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick (IW)^ Fresh Apple* Salad Bar Selections Black Beans | PIZZA DIPPERS ^ Marinara Dipping Sauce HAMBURGER Hamburger Bun ^ TURKEY HAM & CHEESE PANINI ^ Fresh Pear* Apple Juice Salad Bar Selections |
| 30 | | | | |
| CHICKEN TENDERS Breadstick (IW)^ CHEESE PIZZA WEDGE ^ Orange-Tangerine Juice Applesauce Cup Salad Bar Selections Green Pepper Slices | | | | |

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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