



# September Elementary Lunch

Students must select three of five items including at least one fruit or vegetable.  
Alternate sandwich offered daily.

## Monday

2

## Tuesday

3

## Wednesday

4

## Thursday

5

## Friday

6

Beef Burger on Bun  
Crinkle Cut Fry  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Mini Chicken Corn Dogs  
Roasted Green Beans  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Personal Cheese or  
Turkey Pepperoni Pizza  
Steamed Broccoli  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Chicken Alfredo Pasta  
Steamed Carrots  
Caesar Salad  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Plain or Spicy Crispy  
Chicken Sandwich  
Green Peas  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Mac and Cheese  
Roasted Italian Broccoli  
and Tomatoes  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Walking Taco  
Refried Beans  
Corn Kernals  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Zesty Orange Chicken  
Brown Rice  
Broccoli Normandy  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Garlic Cheesy Bread  
Steamed Green Beans  
Caesar Salad  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Beef Hot Dog on Bun  
Baked Beans  
Sunchips  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Colby Cheese Omelet  
French Toast Sticks  
Tri-Tator  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Baked Riagtoni  
Steamed Carrots  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Chicken Quesadilla  
Corn Kernals  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Make Your Own Pita Pizza  
Steamed Broccoli  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Penne & Chicken Meatballs  
Broccoli Normandy  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Sloppy Joes  
Seasoned French Fry  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Grilled Cheese  
Tomato Soup  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Crispy Chicken Drumstick  
Buffalo Roasted  
Cauliflower  
WG Chocolate Chip Cookie  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Cheese Bites  
Green Peas  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

Beef Burger on Bun  
Crinkle Cut Fry  
Fresh and Canned Fruit  
Vegetable Choices  
Milk Choices

**Did your student receive free meals last year?** To keep receiving these meals you must reapply each year! **Your student will lose their free meal status October 1st unless you reapply!**  
Apply line at <https://lobby.wordwareinc.com/> or pick up an application from your school's office. Call 763-528-4520 with questions.  
Menus subject to change. USDA is an equal opportunity employer and provider.