

# September 2020

Meridian School Dist #223

## LUNCH



**Please Make Sure You Place Your Order for E-Learner Lunches Every Monday for Pick Up on Wednesday's**



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Second Lunch Option For High School and Jr.High School**  
 PBJ-Grape 1% Milk  
 Cheese Stick  
 Goldfish  
 Fruit  
 Fresh Veggie's

Pizza  
 Seasoned Corn  
 Chilled Peaches  
 1% Milk **1**

X **2**

Orange Chicken/Rice  
 Steamed Broccoli  
 Mandarin Oranges  
 Fortune Cookie  
 1% Milk **3**

Pizza  
 Seasoned Corn  
 Chilled Peaches  
 1% Milk **4**

**Labor Day** **7**

Walking Taco  
 Refried Beans  
 Fresh Veggie/Dip  
 Applesauce 1% Milk  
Optional  
 Romaine Lettuce  
 Salsa **8**

X **9**

Cheese Sticks  
 Green Beans  
 Chilled Peaches  
 Cookie  
 1% Milk

Walking Taco  
 Refried Beans  
 Fresh Veggie's/Dip  
 Applesauce 1% Milk  
Optional  
 Romaine Lettuce  
 Salsa **11**

Chicken Tenders  
 Mashed Potatoes/Gravy  
 Seasoned Corn  
 Chilled Peas  
 Cookie  
 1% Milk **14**

Pizza  
 Green Bean  
 Fresh Fruit  
 1% Milk **15**

X **16**

Pizza  
 Green Bean  
 Fresh Fruit  
 1% Milk **17**

Chicken Tenders  
 Mashed Potatoes/Gravy  
 Seasoned Corn  
 Chilled Pears  
 Cookie  
 1% Milk **18**

Hot Dog on Bun  
 Baked Beans  
 Applesauce  
 Cookie  
 1% Milk **21**

French Toast Sticks  
 Sausage Patty  
 Tater Tots  
 Orange Juice Box  
 1% Milk **22**

X **23**

Hot Dog on Bun  
 Baked Beans  
 Applesauce  
 Cookie  
 1% Milk **24**

French Toast Sticks  
 Sausage Patty  
 Tater Tots  
 Orange Juice Box  
 1% Milk **25**

Chicken Patty on Bun  
 Seasoned Corn  
 Chilled Pears  
 1% Milk **28**

Mini Corn Dogs  
 Baked Beans  
 Applesauce  
 Cookie  
 1% Milk **29**

X **30**

