

September 2019

PDLE

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



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

NO SCHOOL

2

Tuesday

Chicken Sandwich
Fries
Lettuce/Tomato

3

Wednesday

Quesadilla
Corn
Side Salad w/ Ranch
Salsa

4

Thursday

Chicken Egg Rolls
Oriental Rice
Side Salad w/ Ranch

5

Friday

Cheesy Chicken
Tortilla Chips
Black Beans
Side Salad w/ Ranch

6

Chicken Nuggets
Mash Potatoes
Broccoli

9

Hamburger
Fries
Lettuce/Tomato

10

Beef Nacho
Tortilla Chips
Corn
Side Salad w/Ranch

11

Chicken Noodle
Peas & Carrots
Side Salad w/ Ranch
Roll

12

Corn Dog
Mac & Cheese
Baked Beans
Carrots w/Ranch

13

Stuff Crust Pizza
Side Salad w/Ranch
Broccoli w/Ranch

16

Chicken Sandwich
Fries
Lettuce/Tomato

17

Burrito
Corn
Side Salad w/Ranch

18

Salisbury Steak
Mash Potatoes
Green Beans
Roll

19

Chicken & Waffle
Baked Beans
Carrot Sticks w/Ranch

20

Chicken Nuggets
Mash Potatoes
Broccoli

23

Hamburger
Fries
Lettuce/Tomato

24

Taco Salad
Tortilla Chips
Corn
Lettuce

25

Cherry Blossom Chicken
Oriental Rice
Side Salad w/Ranch

26

Hot Dog
Chips
Baked Beans
Carrot Sticks w/Ranch

27

Stuff Crust Pizza
Side Salad w/Ranch
Broccoli w/Ranch

30

