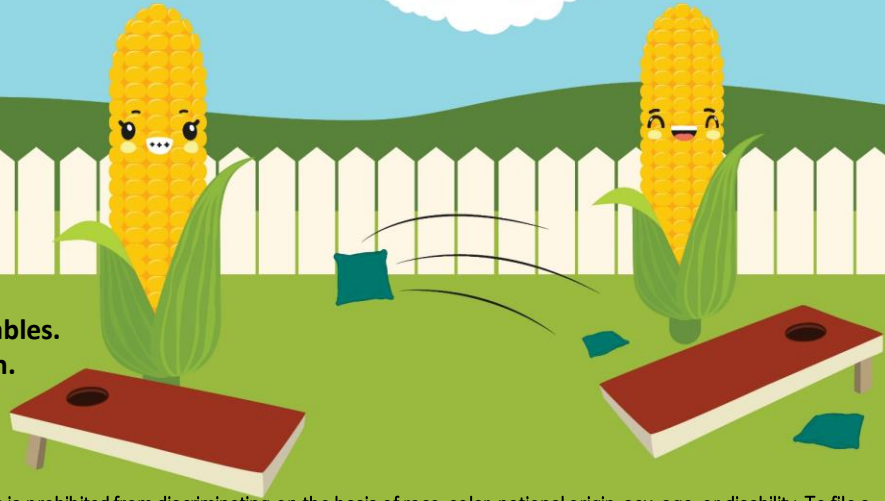


Cardinal / Riverside / Laura Lee / LeBlanc /
Molloy / Moody / Washington / Adie Day

LUNCH MENU

Breakfast and Lunch is Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a fruit and/or vegetable with each lunch.
All Meals served with milk.
Sunbutter and Jelly and Vegetarian Meals served daily.



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>WELCOME BACK</p>	<p>30</p> <p>HAVE A GREAT YEAR!</p>	<p>31</p> <ul style="list-style-type: none"> -Buffalo Chicken Mac & Cheese -Mac and Cheese V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Turkey & Cheese Sandwich -Cucumber & Carrots Bananas & Apples 	<p>1</p> <ul style="list-style-type: none"> -General Tso's Popcorn Chicken with Fried Rice -General Tso's Tofu Steak with Rice -Pizza Cruncher V -Hummus Platter V -Honey Mustard Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup 	<p>2</p> <p>LABOR DAY RECESS NO SCHOOL</p>
<p>5</p> <p>LABOR DAY NO SCHOOL</p>	<p>6</p> <p>PRIMARY ELECTION NO SCHOOL</p>	<p>7</p> <ul style="list-style-type: none"> -Chicken Parm with Penne -Pizza Crunchers V -Greek Salad with Flatbread LG V -Chicken Salad Sandwich on a Bulkie Roll -Cucumber & Carrots Bananas & Apples 	<p>8</p> <ul style="list-style-type: none"> -Szechuan Chicken with Rice -Szechuan Tofu with Rice -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup 	<p>9</p> <ul style="list-style-type: none"> -Cheese Pizza V -Pepperoni Pizza -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas
<p>12</p> <ul style="list-style-type: none"> -Loaded Baked Potato and Corn Muffin -Broccoli Cheddar Loaded Baked Potato and Dinner Roll V -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Broccoli & Carrots Apples and Pears 	<p>13</p> <ul style="list-style-type: none"> -Tater Tot Beef Nacho (Totchos) -Tater Tot Black Bean Nacho V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pizza Platter V -Chicken Caesar Wrap -Kickin Beans & Broccoli Clementines & Apples 	<p>14</p> <ul style="list-style-type: none"> -Shepherd's Pie with Dinner Roll -Fish and "Chips" with Coleslaw, Dinner Roll and Tartar Sauce -Vegetarian Nuggets and "Chips" with Coleslaw, Dinner Roll V -Chef Salad with Flatbread LG -Ham & Cheese Sandwich -Cucumber & Carrots Bananas & Apples 	<p>15</p> <ul style="list-style-type: none"> -Chicken & Vegetable Dumplings with Fried Rice -General Tso's Tofu Steak with Fried Rice V -Chicken Parm Sub -Pizza Platter V -Chicken Caesar Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup 	<p>16</p> <ul style="list-style-type: none"> -Cheese Pizza V -BBQ Chicken Pizza -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Red Pepper Strips & Side Salad Apples & Bananas
<p>19</p> <ul style="list-style-type: none"> -Chicken & Waffle with Maple Gravy -Pizza Crunchers V -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Maple Carrots & Green Beans Apples & Pears 	<p>20</p> <ul style="list-style-type: none"> -Chicken Carnitas Taco with 6" Tortilla Wrap -Black Bean Burger V -Hamburger & Cheeseburger -Pretzel Power Pack V -Turkey Bahn Mi Sandwich -Kickin Beans & Broccoli Oranges & Apples 	<p>21</p> <ul style="list-style-type: none"> -Penne Bolognese with Parmesan -Chicken Tenders with a Dinner Roll -Mediterranean Hummus Salad with Flatbread LG V -Tuna Salad Sandwich on a Bulkie Roll -Cucumbers & Carrots Bananas & Apples 	<p>22</p> <ul style="list-style-type: none"> -Chicken Tikka Masala with Chana Masala with Tzatziki Sauce and Tomato Cucumber Salad -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pretzel Power Pack V -Turkey Bahn Mi Sandwich -Green Beans & Carrots Pears & Fresh Fruit Cup 	<p>23</p> <ul style="list-style-type: none"> -Cheese Pizza V -Buffalo Chicken Pizza -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas
<p>26</p> <ul style="list-style-type: none"> -Country Chicken Bowl with Corn Muffin -Country Vegetarian Nugget Bowl with Flatbread LG V -Meatball Sub -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Maple Carrots & Tator Tots Apples & Peaches 	<p>27</p> <ul style="list-style-type: none"> -Beef Nachos with Tortilla Chips -Kickin Bean Nachos with Tortilla Chips -Bagel Power Pack V -Moroccan Harissa Wrap -Kickin Beans & Broccoli Oranges & Strawberries 	<p>28</p> <ul style="list-style-type: none"> -Lok Lak with Rice -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Italian Sub -Cucumbers & Carrots Bananas & Apples 	<p>29</p> <ul style="list-style-type: none"> -Chili Garlic Popcorn Chicken Lo Mein -Pizza Cruncher V -Bagel Power Pack V -Moroccan Harissa Wrap -Green Beans & Carrots Strawberries & Fresh Fruit Cup 	<p>30</p> <ul style="list-style-type: none"> -Cheese Pizza V -Loaded Baked Potato Pizza LG -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Red Pepper Strips & Side Salad Apples & Bananas