

# September 2017

## DES, PES, AND DCMS

### LUNCH



Panther Paw Pack offered everyday as an entrée choice. Mon-Wed-Fri PB & J Tues-Thurs Deli Ham or Turkey

This institution is an equal opportunity provider.

#### LUNCH MEAL PATTERN

2 oz. grain (8 oz. minimum per week)  
 2 oz. meat/meat alternate (8-9 oz. minimum per week)  
 1 Cup vegetable daily (3 ¾ cups per week minimum)  
 ½ cup fruit daily (2 ½ cups per week)  
 1 cup Milk daily



Monday

Tuesday

Wednesday

Thursday

Friday



Labor Day (No School)

4

Steak w/gravy or Chicken Smackers, Roll, Mashed Potatoes, Glazed Carrots, Fruit choice, Milk

5

Hamburger Steak, Roll or Pizza Romaine Salad, Baked Potato, Green Beans, Fruit choice, Milk

6

Ravioli Casserole or Chicken Fajita, Pinto Beans, Corn, Fruit Choice, Milk

7

Hamburger or BBQ with Bun, French Fries, Baked Beans, Fruit Choice, Milk

1

Chicken Smackers w/roll or Corn Dog, Mashed Potatoes, Broccoli w/cheese, Fruit choice, Milk

11

Fish, Hushpuppies or Breaded Chicken sandwich, white Beans, French Fries, Slaw, Fruit choice, Milk

12

Spaghetti w/breadstick or Stuffed crust Pizza, Green Beans, Baby Carrots w/dip, Fruit choice, Milk

13

Beef Nacho's or Calzones Romaine Salad, Corn, Pinto Beans, Fruit choice, Milk

14

Staff Development (No School)

15

Meatball Sub or Hot Dog, Sidewinder Fries, Baked Beans, Baby Carrots w/dip, Fruit choice Milk

18

Turkey w/gravy Roll or Quesadilla, Mashed Potatoes, English Peas, Fruit choice, Milk

19

Chicken Smackers or Pizza, Green Beans, Roasted Potatoes, Fruit choice, Milk

20

Salisbury Steak w/gravy or Chicken Drummies, Roll, Black-eyed Peas, Glazed Carrots, Fruit choice, Milk

21

Chicken Alfredo w/Breadstick Or Cheeseburger w/bun, Romaine Salad, Creamy Corn, Baked Potato, Fruit choice, Milk

22

Tacos or Mini Corn Dogs, Corn on the Cob, Pinto Beans, Fruit choice, Milk

25

Hamburger Steak, Roll or Breaded Chicken Sandwich, Baked Potato, Green Beans, Baby Carrots w/dip, Fruit Choice, Milk

26

Poppy seed Chicken casserole w/Breadstick or Stuffed crust Pizza, Roasted Potatoes, Romaine Salad, Broccoli w/Cheese, Fruit Choice, Milk

27

Fish, Hushpuppies or BBQ Nachos, French Fries, White Beans, Slaw, Fruit Choice, Milk

28

Roast w/gravy, Roll or Hamburger w/bun, Sweet Potatoes, Fresh Veggie cup, Creamy Corn, Fruit choice, Milk

29