

September 2018 K-7 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Salad of the Month Apple Cranberry Salad with a Pretzel	September 3 	September 4 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit Vegetarian option available	September 5 Individual Pan Cheese Pizza* Baby Carrots Pineapple	September 6 Turkey Soft Tacos* with Garnish Cup & Salsa Black Beans, Corn, Applesauce TREAT DAY!	September 7 Extra Cheesy Pizza Green Beans Pears
	September 10 All-American Cheeseburger on a Bun* Corn Peaches	September 11 Chicken Nuggets* with Twisted Garlic Breadstick* & BBQ Dipping Sauce Baby Carrots Mixed Fruit	September 12 Beef Sloppy Joe on a Bun* Oven-Baked Spiral-Cut French Fries Pineapple	September 13 Chicken Corn Dog* Kettle-Baked Beans Applesauce TREAT DAY!	September 14 Galaxy Cheese Pizza Sliced Carrots Pears
September 17 Grilled Chicken Sandwich* with Lettuce & Tomato Kettle-Baked Beans California Blend Veggies Peaches	September 18 Chicago-Style Hot Dog on a Bun* with Garnishes Oven-Baked Crinkle-Cut French Fries Mixed Fruit 	September 19 Greek-Style Chicken & Honey Wheat Dinner Roll* Brown Rice* Green Beans Pineapple	September 20 Rotini with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce TREAT DAY! Vegetarian option available	September 21 Pepperoni French Bread Pizza* Baby Carrots Pears Vegetarian option available	
September 24 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	September 25 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Mixed Fruit Vegetarian option available	September 26 Chicken Sandwich* with Lettuce & Tomato Kettle-Baked Beans Corn Pineapple	September 27 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Applesauce TREAT DAY!	September 28 Cheese French Bread Pizza Capri Blend Veggies Pears	



Available Each Day: Side Salad / Fresh Fruit
Sunbutter & Jelly Sandwich* with Yogurt
1% & Skim White Plus Fat-Free Chocolate Milk
EVERY THURSDAY SPECIAL TREAT!

VEGETARIAN OPTION ALWAYS AVAILABLE
(Please have students tell the Teachers because KITCHEN needs to know)
THANK-YOU

**=Item contains whole grains / ^=Item contains pork / L=Locally sourced
 Milk served with lunch contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items*

Let's Eat

Ceres Food Group takes pride in offering wholesome, kid-centric meals to students to support their scholastic and extra-curricular pursuits.

We build our meals around fruits and vegetables; whole grains, lean meats, and milk with no artificial growth hormones or antibiotics.

Stop by the cafeteria to find out what we have to offer. We look forward to serving you.

Join the **Culinary Explorations** team as we kick off our journey across America. We will travel the historic Route 66 throughout the 2018-2019 school year. Our first stop is **Chicago**. For lunch, you will get to enjoy our version of a Chicago-style hot dog plus sides. Did you know that some food historians believe the "salad on a hot dog" was invented at the 1893 Chicago World's Fair?

