

LUNCH

SEPTEMBER 2021

CORINTH ~ UPK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6



7

8

9

10

Grilled Chicken Filet on a Whole Grain Bun

Tomato & Cucumber Salad

Apple Slices

1% White Milk

Cheese Pizza

Garden Salad

Diced Peaches

1% White Milk

13

Toasted Cheese Sandwich on Whole Grain Bread

Steamed Green Beans

Mixed Fruit

1% White Milk

14

Chicken & Cheese Quesadilla with Salsa

Steamed Corn

Diced Peaches

1% White Milk

15

WG Pasta with Meat Sauce

Steamed Broccoli

Fresh Apple Slices

1% White Milk

16

Mini Cheeseburger on a Whole Grain Bun

Cucumber Slices

Fresh Orange Wedges

1% White Milk

17

Cheese Pizza

Garden Salad

Mixed Fruit

1% White Milk

20

Whole Grain Chicken Tenders

Hash Brown Rounds

Fresh Apple Slices

1% White Milk

21

Soft Taco with Turkey Taco Meat, Lettuce, Cheese & Salsa

Steamed Corn

Fresh Watermelon Wedge

1% White Milk

22

Baked Whole Grain Mac-n-Cheese

Steamed Carrots

Mixed Fruit

1% White Milk

23

Chicken Patty on a Whole Grain Bun

Fresh Bell Pepper Strips

Fresh Apple Slices

1% White Milk

24

Cheese Pizza

Garden Salad

Diced Peaches

1% White Milk

27

Pulled Pork on a Whole Grain Bun

BBQ Baked Beans

Diced Peaches

1% White Milk

28

Steak & Cheese Quesadilla with Salsa

Black Bean and Corn Salad

Mixed Fruit

1% White Milk

29

Whole Grain Chicken Nuggets with Brown Rice

Steamed Broccoli

Fresh Apple Slices

1% White Milk

30

Peanut Butter & Jelly Sandwich on Whole Grain Bread

Cucumber Slices

Fresh Orange Wedges

1% White Milk

