



# SEPT 2022 MIDDLE & HIGH SCHOOL LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>EXPRESS SALADS</b> <b>DELI SANDWICH BAR</b> <b>A-LA-CARTE CHOICES</b> <b>OFFERED DAILY</b>		<b>WELCOME BACK!</b> 		<b>31</b> PIZZA SLICES WITH ASSORTED TOPPINGS SALAD BAR WITH ASSORTED VEG & FRUIT. MILK CHOICES		<b>1</b> TACO BOATS MEXICAN RICE W.K. CORN FRUIT AND VEGETABLE BAR MILK CHOICES		<b>2</b> CHICKENBURGER SALAD BAR WITH ASSORTED FRESH VEGGIES & FRUIT <b>CHOCOLATE PUDDING CUP</b> MILK CHOICES	
<b>5 NO SCHOOL TODAY!</b> 		<b>6</b> SPAGHETTI WITH MEAT SAUCE, GARLIC ROLL TOSSED GARDEN SALAD FRUIT AND VEGETABLE BAR MILK CHOICES		<b>7</b> CHICKEN QUESADILLA MEXICAN RICE, BLK BEANS HOT BUTTERED CORN FRUIT AND VEGETABLE BAR MILK CHOICES		<b>8</b> SHEPHERD'S PIE WG DINNER ROLL ASSORTED VEGETABLES FRUIT CHOICES MILK CHOICES		<b>9</b> GARLIC DIPPING STICKS WITH MARINARA BAKED BEANS, ASSORTED VEGGIES AND FRUITS MILK CHOICES	
<b>12</b> HOT DOG IN A BUN FRENCH FRIES, BAKED BEANS ASSORTED VEGGIES W/DIP ASSORTED FRUITS MILK CHOICES		<b>13</b> CHEESEBURGER TOSSED GARDEN SALAD STEAMED BROCCOLI ASSORTED FRUITS MILK CHOICES		<b>14</b> POPCORN CHICKEN & FRENCH FRIES, WG ROLL SALAD BAR WITH ASSORTED FRUITS MILK CHOICES		<b>15</b> ROAST PORK & GRAVY MASHED POTATO, WG ROLL SALAD BAR WITH <b>FRUIT CRISP</b> MILK CHOICES		<b>16</b> PIZZA SLICES W/TOPPINGS, BAKED BEANS CAESAR SALAD FRUIT AND VEGETABLE BAR MILK CHOICES	
<b>19</b> AMERICAN CHOP SUEY WG GARLIC ROLL ASSORTED VEGGIES W/DIP FRESH & CANNED FRUITS MILK CHOICES		<b>20</b> <b>EARLY RELEASE TODAY!</b> PULLED PORK SUBS ASSORTED VEGGIES ASSORTED FRUITS MILK CHOICES		<b>21</b> RODEO BURGER COWBOY BEANS SALAD BAR WITH FRUITS AND VEGGIES MILK CHOICES		<b>22</b> PIZZA CASSEROLE WITH GARLIC BREAD CAESAR SALAD FRUIT CHOICES MILK CHOICES		<b>23</b> GARLIC DIPPING STICKS WITH MARINARA TOSSED GARDEN SALAD FRUIT AND VEGETABLE BAR MILK CHOICES	
<b>24</b> BAKED CHICKEN GARLIC MASHED POTATO WG. ROLL, CUCUMBERS HOT CARROTS, ASST. FRUITS MILK CHOICES		<b>25</b> FISH NUGGETS AND SEASONED RICE CARROT STICKS ASSORTED FRUITS MILK CHOICES		<b>26</b> CHEESEBURGER SUB TOSSED GARDEN SALAD ASSORTED FRUITS <b>CHOCOLATE CHIP COOKIE</b> MILK CHOICES		<b>27</b> OPEN FACED HOT TURKEY SANDWICH SALAD BAR WITH FRUIT CHOICES MILK CHOICES		<b>28</b> PIZZA SLICES W/TOPPINGS, BAKED BEANS ASSORTED FRESH VEGGIE ASSORTED FRUITS MILK CHOICES	



QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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