

LUNCH

September 2013

NREVSD HS

Lunch Fact

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



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* Monday

Hamburger on Bun
or Deli Sandwich / Pickles **2**
Baked Tater Tots
Baked Beans
Steamed Brussel Sprouts
Choice of Fat Free Milk

Chicken Patty
Hamburger on Bun/ Pickles **9**
Baked Tri Tater
Crisp Lettuce Salad
Steamed Brussel Sprouts
Choice of fat Free Milk

Pizza Dippers or Calzone
Marinara Dipping Sauce **16**
Baked Tater Tots
Crisp Lettuce Salad w/dressing
Steamed Brussel Sprouts
Choice of Fat Free Milk

Cheeseburger on Bun
or Deli Sandwich *Pickles **23**
Baked Sweet Potato Fries
Baked Beans
Crisp Lettuce Salad w/dressing
Choice of Fat Free Milk

Hot Ham & Cheese Sandwich
or Chicken Patty on Bun
Baked Sweet Potato Fries
Crisp Lettuce Salad w/dressing
Choice of Fat Free Milk

* Tuesday

Grilled Cheese Sandwich
or Hot Dog on Bun **3**
Tomato Soup / Crackers
Steamed Lima Beans
Choice of Fat Free Milk

French Toast
or Breakfast Pizza **10**
Sausage Links
Baked Apples
Chilled Juice
Choice of Fat Free Milk

Hot Dog on Bun
or Chicken Nuggets **17**
Macaroni & Cheese
Baked Beans
Choice of Fat Free Milk

Breakfast Pizza
or Funnel Cakes **24**
Sausage Links
Baked Apples
Chilled Fruit Juice
Choice of Fat Free Milk

Menu is subject to change due to product availability

PB&J Sandwich offered daily as an alternative choice.

* Wednesday

Spaghetti
or Lasagna Roll Up **4**
Breadstick
Crisp Lettuce Salad w/dressing
Green Beans
Choice of Fat Free Milk

Walking Taco/Corn Chips
or Quesadilla **11**
Lettuce, Cheese, Salsa
Refried Beans
Steamed Corn
Choice of Fat Free Milk

Meatball Hoagie
or Mini Corn Dogs **18**
Green Beans
Crisp Lettuce Salad w/dressing
Choice of Fat Free Milk

Three Way Chili Spaghetti
or Chili Dog on Bun **25**
Steamed Carrots
Choice of Fat Free Milk

* Thursday

Chicken Nuggets
or Egg Roll **5**
Steamed Brown Rice
Steamed Broccoli
Fortune Cookie
Choice of Fat Free Milk

Salisbury Steak
or Chicken Nuggets **12**
Mashed Potatoes/Gravy
Green Beans
Roll
Choice of Fat Free Milk

Chicken Nuggets
or Egg Roll **19**
Steamed Brown Rice
Steamed Carrots
Fortune Cookie
Choice of Fat Free Milk

Salisbury Steak
Chicken Nuggets **26**
Mashed Potatoes/Gravy
Green Beans
Roll
Choice of Fat Free Milk

* Friday

Big Daddy's Pizza
Baked Sweet Potato Fries **6**
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk

Big Daddy's Pizza
Baked Sweet Potato Fries **13**
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk

Big Daddy's Pizza
Baked Sweet Potato Fries **20**
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk

Big Daddy's Pizza
Baked Tater Tots **27**
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk

September is Whole Grains Month