

4	5	6	7	8
Labor Day No School	Chicken Patty on a WG Bun Goldfish Crackers Baby Carrots Pickled Beets Fresh or Chilled Fruit	Cheeseburger on a WG Bun Goldfish Crackers Baked Beans Whole Kernel Corn Fresh or Chilled Fruit	Turkey & Cheese on a WG Flat Bread Baked French Fries Lettuce Tomato Cucumber Slices Fresh or Chilled Fruit	Pizza Freshly Made Caesar Salad Carrot Sticks Fresh or Chilled Fruit
11	12	13	14	15
Spaghetti w/ Meat Sauce Homemade WW Garlic Bread Steamed Broccoli Fresh or Chilled Fruit	BBQ Pulled Pork On a WG Roll Goldfish Crackers Baked Beans Coleslaw Fresh or Chilled Fruit	Seasoned Chicken Mashed Potato Homemade WW Roll Steamed Carrots Fresh or Chilled Fruit	Teriyaki Chicken Dippers Baked French Fries Homemade WG Roll Sautéed Zucchini & Summer Squash Fresh or Chilled Fruit	Pizza Freshly Made Caesar Salad Carrot Sticks Fresh or Chilled Fruit
18	19	20	21	22
Macaroni & Cheese Homemade WW Roll Butternut Squash Broccoli Florets w/LF Dip Fresh or Chilled Fruit	Cheeseburger on a WG Bun Goldfish Crackers Baked Beans Steamed Carrots Fresh or Chilled Fruit	Taco Salad Seasoned Brown Rice Whole Kernel Corn Cucumber Slices Fresh or Chilled Fruit	Chicken Caesar Salad Baked Potato Sour Cream Homemade WW Roll Steamed Green Beans Fresh or Chilled Fruit	Pizza Broccoli Florets Celery Sticks Fresh or Chilled Fruit
25	26	27	28	29
Chicken Nuggets Mashed Potato Homemade WW Roll Steamed Peas Fresh or Chilled Fruit	BBQ Pulled Pork on a WG Roll Goldfish Crackers Baked Beans Baby Carrots Fresh or Chilled Fruit	Roast Turkey Mashed Potato Homemade WW Roll Butternut Squash Fresh or Chilled Fruit	Chicken Fajita in a WW Tortilla Season Rice Steamed Mixed Veggies Fresh or Chilled Fruit	Pizza Freshly Made Caesar Salad Carrot Sticks Fresh or Chilled Fruit

- Mondays**
Choice of Cold Cereal (offered daily)
Low Fat Muffin or Graham Crackers
Fresh, Chilled Fruit, and/or Juice
Milk
- Tuesdays**
Maple Mini Pancakes
Fresh, Chilled Fruit, and/or Juice
Milk
- Wednesdays**
Bagels w/ Sunbutter or Cream
Cheese
Fresh, Chilled Fruit, and/or Juice
Milk
- Thursdays**
Maple Madness Waffles
Fresh, Chilled Fruit, and/or Juice
Milk
- Fridays**
Sausage & Cheese on WW Bun
Fresh, Chilled Fruit, and/or Juice
Milk

A Choice of skim, low fat, nonfat chocolate milk is offered with all meals.

USDA is an equal opportunity provider and employer



September

All meals are subject to change without notice.

Go to ezschoolpay.com to pay online for student meals!

Jefferson Elementary, Lancaster, & Whitefield Schools Menu 2017