Lunch Menu

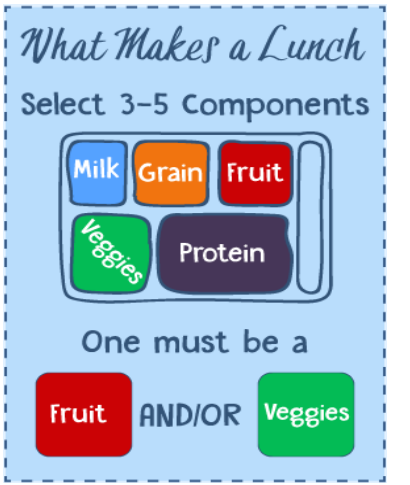
September 2021

Breakfast and Lunch is FREE for all Students

Did you know when you eat school meals you help bring federal funds back into the school?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Looking for Part-time work? Love working with children? **Cafe Substitutes Needed** **Call Food & Nutrition Office**	Crispy Chicken Sandwich on WG Bun with Oven-Baked Fries, Seasoned Green Beans & Chilled Peaches	1 Bulldog Breakfast Sandwich Baked Sweet Potato Rounds Crunchy Cucumber Coins Orange Smiles	2 * Cheese Pizza Garden Salad Chilled Pears Assorted Salad Dressing	3 NO SCHOOL TODAY	4 **Weekly Alternate Meals** Cereal & Yogurt Fun Lunch (OR) PB &J Fun Lunch (OR) Turkey & Cheese Fun Lunch	5 AVAILABLE DAILY 1% Milk FF Choc Milk Lactaid Milk *Assorted Fresh Fruit * Assorted Vegetables
6 NO SCHOOL TODAY 	7 Tyson Popcorn Chicken Creamy Mashed Potatoes Gravy Golden Corn WG Biscuit Chilled Peaches	8 WG Pancakes Pancake Syrup Jones LS Sausage Links Hashbrown Patty Orange Smiles	9 * Spaghetti with Meat Sauce Garlic Breadstick Garden Salad Assorted Salad Dressing Chilled Peaches	10 * Cheese Pizza Garden Salad Chilled Pears Assorted Salad Dressing 	11 **Weekly Alternate Meals** Chicken Salad Sub Fun Lunch (OR) Cereal & Yogurt Fun Lunch (OR) PB &J Fun Lunch (OR)	12 AVAILABLE DAILY 1% Milk FF Choc Milk Lactaid Milk *Assorted Fresh Fruit * Assorted Vegetables
13 Grilled Chicken Bacon Ranch Sandwich Oven Baked Potato Wedges Crunchy Cucumber Coins Chilled Mixed Fruit 	14 Beefy Taco Nacho Mexicali Corn Fiesta Corn & Bean Salad Orange Smiles	15 *WG French Toast Sticks Maple Syrup Cheese Stick Tator Tots Cinnamon Spiced Apples	16 Chicken&Broccoli Alfredo over Pasta Garlic Breadstick Garden Salad Chilled Peaches 	17 * Cheese Pizza Garden Salad Chilled Pears Assorted Salad Dressing	18 **Weekly Alternate Meals** Ham & Cheese Fun Lunch (OR) Cereal & Yogurt Fun Lunch (OR) PB &J Fun Lunch	19 AVAILABLE DAILY 1% Milk FF Choc Milk Lactaid Milk *Assorted Fresh Fruit * Assorted Vegetables
20 * Cheeseburger Oven Baked Potato Wedges lettuce/tomato topping Pickle Fun Size Chips	21 Taco Tuesday Seasoned Refried Beans Mexicali Corn Crunchy Cucumber Coins Chilled Peaches 	22 Warm Ham, Egg & Cheese Croissant Sandwich Hashbrown Patty Fresh Veggie Sticks Orange Smiles	23 Creamy Macaroni & Cheese Garlic Breadstick Glazed Carrots Applesauce 	24 * Cheese Pizza Garden Salad Chilled Pears Assorted Salad Dressing	25 **Weekly Alternate Meals** Turkey &Cheese Fun Lunch (OR) Cereal & Yogurt Fun Lunch (OR) PB &J Fun Lunch	26 AVAILABLE DAILY 1% Milk FF Choc Milk Lactaid Milk *Assorted Fresh Fruit * Assorted Vegetables
27 Kayem Hot Dog on WG Bun Baked Beans Fun Size Chips Chilled Mixed Fruit	28 Chicken Parmesan Lightly Buttered Pasta Glazed Carrots Garlic Breadstick Chilled Pears	29 Waffles Maple Syrup Jones LS Sausage Links Hashbrown Patty Orange Smiles	30 Meatball Sub Carrot Sticks Oven baked French Fries Applesauce			

We're Cooking Healthy School Lunches



Any questions please contact

Jill Henesey

Director of Food and Nutrition Services

508-758-2772 x1543

jillhenesey@oldrochester.org

School Meals are FREE to ALL Students ALL YEAR

This institution is an equal opportunity provider.

Menu is subject to change.