September PES/PMS Lunch Menu

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| 4 | 5  Chicken Alfredo  Carrots  Salad and roll  Fruit and cookie  Choice of Milk | 6  Nachos  Pinto Beans  Corn on the cob  Salsa and Sour Cream  Lettuce  Fruit & Choice of Milk | 7  Corndog  Sweet Potato Fries  Corn  Fruit  Choice of Milk | 8  Personal Pan Pizza  California Veggies  Salad w/ Ranch  Fruit  Choice of Milk |
| 11  Chicken Sandwich w/ fixings  Sweet Potato Fries  Fruit  Choice of Milk | 12  Spaghetti  Salad  California Veggies  Breaded Cheese Stick  Fruit  Choice of Milk | 13  Sweet and Sour Chicken  Steamed Rice  Eggroll  Broccoli and Carrots  Fruit  Choice of Milk | 14  Fish or grilled chicken sandwich  Fries  Peas  Fruit  Choice of Milk | 15  Crispito  Pintos  Lettuce and Salsa  Fruit  Cookie  Choice of Milk |
| 18  Chicken Nuggets  Mac and Cheese  Mixed Veggies  Green Beans  Roll and Fruit  Choice of Milk | 19  Country Fried Steak  Mashed Potatoes  Green Beans  Biscuit  Fruit  Choice of Milk | 20  Chicken & Dumplings  Steamed Broccoli  Carrots  Roll and Fruit  Choice of Milk | 21  Hamburger w/ fixings Fries w/ ketchup  Baked Beans  Cinnamon Grahams  Fruit  Choice of Milk | 22  Personal Pan Pizza  California Veggies  Salad w/ Ranch  Fruit  Choice of Milk |
| 25  Sausage  Gravy Biscuit  Egg  Pancakes  Hashbrown & Tomato  Fruit  Choice of Milk | 26  Chicken Parmesan  California Vegetables  Salad  Roll and Fruit  Choice of Milk | 27  Sloppy Joes  Tater Tots  Baked Beans  Fruit  Choice of Milk | 28  Hamburger Sliders  Tater tots  Baked Beans  Fruit  Choice of Milk | 29  Crispito  Pintos  Lettuce and Salsa  Fruit  Cookie  Choice of Milk |

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