

## September Lunch Menu



RPS/RES

Each day we will have additional fruit and juice choices. Also, a variety of milk will be offered everyday. If your student would prefer to drink water, fountains are either in the cafeteria or right outside and we cups are available upon request.





\*\*\*FREE - MealViewer-in your Favorite App. Store!\*\*\*

\*\*\*See your Child's Menu on your phone, tablet, or computer\*\*\*



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|---|--|--|---|--|
| MONDAY 3  | TUESDAY 4  | WEDNESDAY 5  | THURSDAY 6  | FRIDAY 7   |
| HAPPY<br>ABORDAN<br>No School   | CHOICE OF ONE ENTREE Popcorn Chicken Smackers/ Dipping Sauce Marvelous Meatloaf Ham Sand Let/Tom/Pickle/Doritos Mustard, Mayo Mashed Potatoes Pinto Beans 20z Roll Orange Wedges Rosy Applesauce | CHOICE OF ONE ENTREE Pulled Pork BBQ Sandwich Chicken Tetrazzini w/Roll 1/2 Chef Salad w/Big Gogurt /Roll Seasoned Green Beans Creamy Cole Slaw Fresh Apples Pineapple Tidbits Frozen Juice Pop                  | ***BREAKFAST FOR LUNCH*** Chicken and Waffles w/Syrup Sausage and Eggs Seasoned Roasted Potatoes Fresh Baby Carrots w/Ranch Southern Style Biscuit and Gravy Orange Wedges Strawberries and Blueberries | CHOICE OF ONE ENTREE Turkey/ Dressing Chicken Nuggets Green Beans Mashed Potatoes Roll Cranberry Sauce Rosy Applesauce Mandarin Oranges  |
| MONDAY 10   | TUESDAY 11   | WEDNESDAY 12   | THURSDAY 13   | FRIDAY 14  |
| CHOICE OF ONE ENTREE Chicken Patty on a bun Hamburger or Cheeseburger on bun 1/2 Chef Salad w/Big Gogurt /Roll Lett,Tom, Pickle Cup Mayo, Mustard Oven Baked Fries w/ketchup Baked Beans Chilled Peach Slices Rosy Applesauce |  | CHOICE OF ONE ENTREE Chicken Nuggets w/-Dipping Sauce Pulled Pork Potato/Cheese/BBQ Sauce 1/2 Chef Salad w/Big Gogurt/ Dressing Fresh Squash Medley Glazed Carrots Wheat Roll Watermelon Chunks Mandarin Oranges | ***BREAKFAST FOR LUNCH*** Penne Pasta Alfredo/ Roll Fish Sticks w/Hush Puppies Wow Butter Sandwich w/ Doritos Seasoned Green Beans Oven Baked Okra Wheat Roll Orange Wedges Applesauce Cups             | CHOICE OF ONE ENTREE Baked Cheese Sticks w/Marinara Chicken Chili w/Cornbread 1/2 Chef Salad w/Big Gogurt/Cornbread Broccoli w/Cheese Fresh Baby Carrots w/ Ranch Apple Wedges Pineapple Tidbits Juice Pop |
| MONDAY 17   | TUESDAY 18   | WEDNESDAY 19   | THURSDAY 20   | FRIDAY 21  |
| CHOICE OF ONE ENTREE Hamburger or Cheeseburger on bun Hot Dog on a bun Wow Butter Sandwich w/ Doritos Lett, Tom, Pickle Cup Mayo, Mustard Baked Beans Oven Baked Fries w/ketchup Apple Wedges Strawberries and Blueberries    | Sour Cream and Roll w/Potato<br>Fresh Squash Medley<br>Glazed Baby Carrots<br>Diced Pears<br>Orange Wedges   | Breaded Steak and Gravy 1/2 Chef Salad w/Big Gogurt/ Dressing Southern Style Biscuit Mashed Potatoes Seasoned Green Beans Chilled Peach Slices Fresh Watermelon Chunks Chocolate Chip Cookie                     | Sausage and Eggs Seasoned Roasted Potatoes Fresh Baby Carrots w/Ranch Southern Style Biscuit and Gravy Rosy Applesauce Fresh Pear   | CHOICE OF ONE ENTREE Baked Cheese Sticks w/Marinara Spaghetti w/Meat Sauce WW Roll Ham Sand Let/Tom/Pickle/Doritos Seasoned Whole Kernel Corn Broccoli w/Cheese Chilled Pear Slices Fresh Apple            |
| MONDAY 24   | TUESDAY 25   | WEDNESDAY 26   | THURSDAY 27   | FRIDAY 28  |
| CHOICE OF ONE ENTRÉE  | CHOICE OF ONE ENTRÉE   | CHOICE OF ONE ENTRÉE   | CHOICE OF ONE ENTRÉE  | CHOICE OF ONE ENTRÉE   |
| Teriyaki Chicken/Rice/Fortune Cookie<br>Lasagna Roll Up<br>1/2 Chef Salad w/Big Gogurt/Cornbread<br>Glazed Carrots<br>Broccoli w/Cheese<br>Roll 2 oz.<br>Diced Peaches  | Popcorn Chicken Smackers/ Dipping Sauce<br>Marvelous Meatloaf<br>Ham Sand Let/Tom/Pickle/Doritos<br>Mustard, Mayo<br>Mashed Potatoes<br>Pinto Beans<br>20z Roll                                  | Pulled Pork BBQ Sandwich Chicken Tetrazzini w/Roll 1/2 Chef Salad w/Big Gogurt /Roll Seasoned Green Beans Creamy Cole Slaw Fresh Apples Pineapple Tidbits  | Chicken and Waffles w/Syrup Sausage and Eggs Seasoned Roasted Potatoes Fresh Baby Carrots w/Ranch Southern Style Biscuit and Gravy Orange Wedges Strawberries and Blueberries                           | Pepperoni or Cheese Pizza Baked Potato w/ Ham and Cheese/ Roll Wow Butter Sandwich w/ Doritos Seasoned Corn Broccoli w/Cheese Chilled Peach Slices Watermelon Chunks                                       |