

September 2020


CMS/GWCFC/WRCCA

LUNCH



More days to remember:

- 9/13 Grandparents' Day
- 9/17 Citizenship Day
- 9/25 Native American Day

 = Georgia Grown Item



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday


Tuesday

Wednesday

Thursday


Friday

Our menus may change, depending on product availability.

Pepperoni Pizza 1
 Buffalo Chicken Wings
 Whole Kernel Corn
 Raw Veggies  Combo Salad
 Garlic Breadstick
 Choice of Fruit

Chicken & Dumplings 2
 Turkey Sandwich
 Rice & Tomato Gravy
 Seasoned Green Beans
 Cornpudding
 Choice of Fruit

Steak Nuggets 3
 Corn Dog
 Oven Fries
 Raw Veggies 
 Choice of Fruit

Bacon Cheeseburger 4
 Spicy Chicken Sandwich
 PB&J w/ Cheese Stick
 Oven Fries
 Raw Veggies  Combo Salad
 Choice of Fruit Cool Cupcake

Labor Day 7
 No School

Chicken Alfredo 8
 Cornpudding
 Steak Sandwich
 Black-eyed Peas
 Sweet Carrots
 Choice of Fruit

Oven Fried Chicken 9
 Chicken Sandwich
 Cornpudding
 Rice & Tomato Gravy
 Broccoli 
 Choice of Fruit

Beef & Macaroni w/
 Garlic Breadstick 10
 Ham & Cheese Sandwich
 Whole Kernel Corn
 Combination Salad
 Choice of Fruit

Cheeseburger 11
 Chili Dog
 PB&J w/ Cheese Stick
 Oven Fries
 Raw Veggies  Combo Salad
 Choice of Fruit


Chicken Strips  14
 Hot Dog
 Cornpudding
 Three-Cheese Macaroni
 Raw Veggies 
 Choice of Fruit

Tacos w/ Nacho Chips 15
 Ham & Cheese
 Sandwich
 Baked Potato
 Refried Beans
 Choice of Fruit Cinnamon Roll

Salisbury Steak &
 Cornpudding 16
 Turkey Sandwich
 Mashed Potatoes
 Seasoned Green Beans
 Choice of Fruit

Early Release Day for
 Parent/Teacher 17
 Conferences
 PB&J Sack Lunch

BBQ Pork Sandwich 18
 Chicken Sandwich
 PB&J w/ Cheese Stick
 Oven Fries
 Baked Beans
 Choice of Fruit

Steak Nuggets 21
 Chicken Chunks 
 Honey Wheat Roll
 Tater Tots
 Combination Salad
 Choice of Fruit

Asian Chicken Nuggets 22
 Chicken Quesadilla
 Asian Rice
 Sweet Carrots
 Garlic Breadstick
 Choice of Fruit Fortune Cookie


Meatloaf w/ Cornpudding 23
 Turkey Sandwich
 Mashed Potatoes
 Seasoned Green Beans
 Choice of Fruit

Oven Fried Chicken  24
 Steak Sandwich
 Rice & Tomato Gravy
 Broccoli
 Honey Wheat Roll
 Choice of Fruit Choc.Chip Cookie

Bacon Cheeseburger 25
 Chicken Sandwich 
 PB&J w/ Cheese Stick
 Oven Fries
 Raw Veggies 
 Choice of Fruit

Cheese Pizza 28
 Popcorn Chicken
 Nuggets 
 Whole Kernel Corn
 Raw Veggies  Combo Salad
 Honey Wheat Roll
 Fruit Cup

Chicken Salad 29
 Bacon Jack Grilled Chicken
 Sandwich
 Baked Potato
 Black Bean & Corn Salsa w/ Scoops
 Mixed Fruit Cup
 Cinnamon Roll

Oven Fried Chicken  30
 Turkey & Ham Sub
 Rice & Tomato Gravy
 Black-eyed Peas
 Honey Wheat Roll
 Choice of Fruit

