



LUNCH

PRICE \$3.00

# SEPTEMBER 2019

## LUDLOW HIGH SCHOOL

Alternate Lunch: \$3.00  
Hot Dog, Sunbutter & Jelly, Toasted Cheese  
The Pizza Spot & Deli \$3.00

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**2**  
Labor Day  
No School

**3**  
Chicken Rice Soup  
Hot Dog on a WW Bun  
Oven Baked Fries  
Baked Beans  
Chilled Peaches

**4**  
Chicken Scampi  
w/Spaghetti  
Garlic Bread  
Green Beans  
Fresh Fruit

**5**  
Spicy Chicken Patty on  
a WW Roll  
Oven Roasted Potatoes  
Seasoned Carrots  
Chilled Fruit

**6**  
Mozzarella Sticks  
w/Marinara Sauce  
Seasoned Noodles  
Cucumber Coins w/Dip  
Fresh Fruit

**9**  
Steak & Cheese Grinder  
w/Peppers & Onions  
Cape Cod Chips  
Seasoned Carrots  
Fresh Fruit

**10**  
Taco on a Hard or Soft  
Shell w/Lettuce, Tomato,  
Sour Cream, Salsa & Cheese  
Seasoned Rice, Green Beans  
Chilled Fruit

**11**  
Shepherd's Pie  
w/Hamburg, Potatoes, Corn  
& Gravy  
WW Dinner Roll  
Fresh Fruit

**12**  
Pulled Pork on a WW Roll  
Seasoned Noodles  
Steamed Broccoli  
Chilled Fruit

**13**  
Stuffed Crust Pizza  
Three Bean Salad  
Fresh Fruit

**16**  
Teriyaki Chicken Wrap  
Creamy Mashed Potatoes  
Vegetarian Beans  
Fresh Fruit

**17**  
Tomato Noodle Soup  
Deli Melt  
Cape Cod Chips  
Cucumber Coins w/Dip  
Chilled Applesauce

**18**  
American Chop Suey  
Garlic Bread  
Peas & Carrots  
Fresh Fruit

**19**  
Turkey & Gravy over Bread  
Seasoned Rice  
Sweet Corn  
Chilled Fruit

**20**  
Cheese or Pepperoni Pizza  
Garden Salad w/Dressing  
Cranberry Crisp w/Topping

**23**  
Hamburger w/Lettuce  
Tomato & Cheese on a WW  
Bun, Oven Baked Fries  
Seasoned Peas  
Fresh Fruit

**24**  
Nacho Tacos-Tortilla Chips  
w/Taco Meat, Cheese,  
Lettuce, Tomato & Salsa  
Steamed Broccoli  
Chilled Fruit

**25**  
Buffalo Chicken Macaroni  
& Cheese  
WW Dinner Roll  
Seasoned Carrots  
Fresh Fruit

**26**  
Chicken Fajita w/Lettuce,  
Salsa & Sour Cream  
Seasoned Rice  
Onions & Peppers  
Chilled Peaches

**27**  
Flatbread Pizza  
Choice of: Cheese,  
Pepperoni Or Buffalo Chicken  
Three Bean Salad  
Apple Crisp w/Topping

**30**  
Breakfast for Lunch  
Chilled Juice  
Pancakes w/Syrup  
Hash Brown Potatoes,  
Bacon, Assorted Fruit

Earn extra money part-time!  
Work as a substitute in our School Lunch Department.  
[www.schoolspring.com](http://www.schoolspring.com)



Menu Subject to Change  
"USDA is an Equal Opportunity  
Provider and Employer"

