

# SEPTEMBER 2022

## Mast Way & Moharimet

### LUNCH



#### School Information:

Lunch Prices: Paid: \$3.00, Free for those who qualify for free or reduced prices.

Daily Entrée choices: Yogurt Plate, Chef Salad, Ham & cheese roll ups



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### Wednesday, August 31

Chicken & Waffles  
Garden Bar Choices  
Applesauce Cup  
Milk Choices



Pulled Pork on a Bun **1**  
Creamy Homemade Coleslaw  
Garden Bar Choices  
Sweet Orange Smiles  
Milk choices

**2**  
**No School**

#### Labor Day No School

**5**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Meatball Sub w/Cheese **6**  
Garden Bar Choices  
Fresh Local Apple  
Milk Choices

Asian Boneless Chicken **7**  
Wings, Fried Rice  
½ Egg Roll, Fortune Cookie  
Pineapple Tidbits  
Milk Choices

Ham & Cheese Sub **8**  
Garden Bar Choices  
Frozen Juice Slush  
Milk Choices

Cheese Pizza **9**  
Toasted Garbanzo Beans  
Garden Bar Choices  
Chilled Peaches  
Milk Choices

Macaroni & Cheese **12**  
Steamy Broccoli  
Garden Bar Choices  
Fresh Pear  
Milk Choices

Teacher Workshop Day **13**  
**No School**

Chicken & Gravy **14**  
Mashed Potatoes  
Peas & Carrots, Warm Biscuit  
Garden Bar, Fresh Local Apple  
Milk Choices

Beef Hot Dog on a Bun **15**  
Baked Beans  
Garden Bar Choices  
Applesauce Cup  
Milk Choices

WG Pizza Bites **16**  
Marinara Dipping Sauce  
Garden Bar Choices  
Sweet Orange Smiles  
Milk Choices

Grilled Cheese & **19**  
Tomato Soup  
Crunchy Baby Carrots  
Garden Bar Choices  
Fresh Apple, Milk Choices

Spaghetti w/Marinara **20**  
Garden Bar Choices  
Garlic Bread Stick  
Mixed Fruit  
Milk Choices

**Brunch for Lunch**  
French Toast Sticks  
Sausage Links, Garden Bar  
Red, White & Blue Fruit Cup  
Milk Choices

Sloppy Joe on a WG Bun **22**  
Homemade Coleslaw  
Garden Bar Choices  
Chilled Peaches  
Milk Choices

WG Cheese Pizza **23**  
Homemade Hummus  
w/Celery Sticks  
Garden Bar Choices, Fruit Salad  
Milk Choices

Chicken & Vegetable **26**  
Dumplings, Fried Rice  
Garden Bar Choices  
Fortune Cookie  
Pineapple Chunks, Milk Choices

**Taco Haystacks** **27**  
Seasoned Beef, Lettuce, Rice,  
Tomato, Onion, Salsa, Beans  
Sour Cream, and Tortilla Chips  
Mixed Fruit, Milk Choices

Chicken Sliders  
Oven Fries  
Garden Bar Choices  
Chilled Pears  
Milk Choices

Chef Tim's Beef Stew **29**  
Warm WG Dinner Roll  
Garden Bar Choices  
Apple Crisp  
Milk Choices

WG Pizza Variety **30**  
Potato Salad  
Garden Bar Choices  
Chilled Peaches  
Milk Choices