

SEPTEMBER 2021 North Cedar Jr/Sr High Lunch Menu

LUNCH



Weekly Specialty Entrée Options for all students and staff:

Sept 1-3: Turkey Bacon Wrap, Chef Salad

Sept 7-10: Italian Flatbread Melt, Chef Salad

Sept 13-17: Yogurt Parfait, Chef Salad

Sept 20-24: Sub Sandwich, Chef Salad

Sept 27-30: Knight Bites, Chef Salad



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



French Bread Pizza **1**
Broccoli
Applesauce, Sidekick Slushie
Fruit of Choice
Vegetable Bar
Milk of Choice

Homemade Lasagna **2**
Breadstick
Green Beans, Parmesan Cheese
Applesauce, Tropical Fruit
Fruit of Choice, Vegetable Ba
Milk of Choice

Chicken Patty on WG **3**
Bun, Peas, Chips, K, M,
Pickle, Onion, Honey Mustard
BBQ, Mayo, Applesauce
2 Fruits of Choice
Vegetable Bar, Milk of Choice

Labor Day- No School **6**

Salisbury Steak **7**
Mashed Potatoes,
Gravy, Corn , B&B Sandwich
Applesauce, Peaches
Fruit of Choice, Vegetable Bar
Milk of Choice

Crispito **8**
Spanish Rice, Churro
Shredded Cheese or Cheese
Sauce, Applesauce, Pears
Fruit of Choice, Vegetable Bar
Milk of Choice

Chicken Drumstick **9**
Baked Potato Bar- Cheese
Sauce, Broccoli, Shredded Cheese,
Chili, Sour Cream, Butter Pat
Applesauce, Mandarin Oranges
Fruit of Choice, Vegetable Bar, Milk

Corn Dog, Hot Dog or **10**
Cheddarwurst on WG
Bun, K. M, Chips, Baked Beans
Applesauce, 2 Fruits of Choice
Vegetable Bar
Milk of Choice

Walking Tacos with **13**
Doritos or Soft Shell Taco
Refried Beans
Shredded Cheese and Lettuce
Salsa, Sour Cream, Applesauce
Sidekick Slushie, Fruit of Choice
Vegetable Bar, Milk of Choice

Chicken Nuggets **14**
Au Gratin Potatoes
Corn, B&B Sandwich
K, M, BBQ, Honey Mustard
Applesauce, Peaches, Fruit of
Choice, Vegetable Bar, Milk

BBQ Rib on WG Bun **15**
Baked Beans, Chips
K, M, Pickle, Onion
Applesauce, Fruit Cocktail
Fruit of Choice, Vegetable Bar
Milk of Choice

Chicken Alfredo **16**
Cheesestick
Broccoli, Parmesan Cheese
Applesauce
Pineapple, Fruit of Choice
Vegetable Bar, Milk of Choice

Personal Pan Pizza **17**
Broccoli Normandy
Cookie
Applesauce, 2 Fruits of Choice
Vegetable Bar
Milk of Choice

French Dip Sandwich **20**
on WG Bun, Oven Fries
Cheese Sauce, Shred Cheese
Applesauce
Peaches, Fruit of Choice
Vegetable Bar, Milk of Choice

Chicken Strips **21**
Parsley Potatoes, Peas
Cheez-Its, K, M, BBQ, Honey
Mustard, Applesauce, Pears
Fruit of Choice
Milk of Choice

Totally Tacos or **22**
Quesadilla, Spanish
Rice, Spiced Cinnamon Apples
Salsa, Sour Cream, Applesauce
Mandarin Oranges, Fruit of Choice
Vegetable Bar, Milk of Choice

French Toast Sticks **23**
Sausage Links, Omelet
Hash Brown Patty, K, Syrup
Applesauce, 100% Juice
Strawberries & Bananas
Milk of Choice

Chicken Breast with Bacon **24**
and Cheese or Pulled BBQ
Chicken Sandwich on WG Bun, Sweet
Potatoes, Chips, Pickle, BBQ, Mayo
K, M, Applesauce, 2 Fruits of Choice
Vegetable Bar, Milk of Choice

Orange Chicken, WG **27**
Roll, Brown Rice
Broccoli, Fortune Cookie, S&S
Sauce, Applesauce, Pineapple
Fruit of Choice, Vegetable Bar
Milk of Choice

Pork Chop **28**
Mashed Potatoes, Gravy
Corn, WG Roll, K,M, BBQ
Applesauce, Peaches
Fruit of Choice, Vegetable Bar
Milk of Choice

Spaghetti **29**
Cheese Stick
Green Beans, Parmesan Cheese
Applesauce, Pears
Vegetable Bar
Milk of Choice

Popcorn Chicken **30**
Oven Fries, K, M, BBQ, Honey
Mustard, Scooby Doo Grahams
Applesauce, Mandarin Oranges
Fruit of Choice, Vegetable Bar
Milk of Choice