September 2022

				776
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Hot Ham & Cheese Flatbread Yogurt Pak with Bagel Tater Tots Cauliflower Floret Baby Carrots Fresh Fruit Bar 1% Milk	No School
5 No School	Beefy Nachos w/Cheese Sauce Lettuce, Tomato and Cheese Yogurt Pak with Bagel Refried Beans Brown Rice Baby Carrots Canned Fruit Bar 1% Milk	Tater Tots Baked Beans Cucumber Slices Broccoli Florets Fresh Fruit Bar 1% Milk	Pasta with Meat Sauce Garlic Breadstick Ham Deli Sandwich Steamed Peas Baby Carrots Cauliflower Floret Canned Fruit Bar 1% Milk	Cheesy Italian Flatbread Marinara Sauce Yogurt Pak with Bagel Green Beans Baby Carrots Celery Sticks Fresh Fruit Bar 1% Milk

Hamburger on a Bun Turkey Deli Sandwich

Golden French Fries Romaine Lettuce Cherry Tomato Cucumber Slices Canned Fruit Bar 1% Milk

(13)

Soft Beef Tacos Grape Uncrustable

Brown Rice Black Beans Broccoli Florets Baby Carrots Fresh Fruit Bar



BBQ Pulled Pork Sandwich Yogurt Pak with Bagel

Baked Beans Cherry Tomato Cucumber Slices Canned Fruit Bar 1% Milk Chocolate Chip Cookie



Chicken & Gravy Whole Grain Dinner Roll Ham Deli Sandwich

Steamed Corn Baby Carrots Fresh Fruit Bar 1% Milk



Pepperoni Pizza Grape Uncrustable

Green Beans Celery Sticks Cucumber Slices Canned Fruit Bar 1% Milk



(12)

Pancakes Scrambled Egg Yogurt Pak with Bagel

Cucumber Slices Baby Carrots Celery Sticks Canned Fruit Bar 1% Milk



Walking Taco Ham Deli Sandwich

Brown Rice Black Beans **Cucumber Slices Baby Carrots** Fresh Fruit Bar 1% Milk



Popcorn Chicken Whole Grain Dinner Roll Grape Uncrustable

Mashed Potatoes Steamed Corn Cauliflower Floret Canned Fruit Bar 1% Milk



Mini Corn Dogs Ham Deli Sandwich

Sweet Potato Fries Cucumber Slices Baby Carrots Fresh Fruit Bar 1% Milk Rice Krispie Treat



Cheesy Italian Flatbread Yogurt Pak with Bagel

Marinara Sauce Broccoli Florets Baby Carrots Canned Fruit Bar 1% Milk



Crispy Chicken Sandwich Ham Deli Sandwich

Tater Tots Broccoli Florets **Baby Carrots** Cucumber Slices Fresh Fruit Bar 1% Milk



Soft Beef Tacos

Lettuce, Tomato and Cheese Grape Uncrustable

Brown Rice Black Beans **Baby Carrots** Canned Fruit Bar 1% Milk



Pasta with Meat Sauce Garlic Breadstick Ham Deli Sandwich

Green Beans **Baby Carrots** Cucumber Slices Fresh Fruit Bar 1% Milk



Hamburger on a Bun Yogurt Pak with Bagel

Golden Crinkle Cut French Cucumber Slices Celery Sticks Baby Carrots Canned Fruit Bar 1% Milk



Pizza Dippers Marinara Sauce Grape Uncrustable

Green Beans Garden Salad **Baby Carrots** Fresh Fruit Bar 1% Milk Celebration Cake

Elementary \$2.95 MS/HS \$3.30 \$.40 Adult \$4.65 \$.60 Extra Milk

Milk Choice of 1% White or Chocolate Skim included with Lunch. For questions contact FSD Kimmy Cleary at taherfoodservices@mp.k12.us or call 608-987-0739 ext 460



Your MENUS plus more information on our app Taher Food4Life®



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