


L'ANSE AREA SCHOOLS

September

K-12 LUNCH MENU

Peanut butter & jelly sandwiches on whole grain bread are available daily as an alternate.
 Low fat milk or 1% white offered daily; condiments offered as appropriate.
 (6th -12th grade is offered alternate or salad daily) (* is offered to 9th-12th grade only)

Monday	Tuesday	Wednesday	Thursday	Friday
2  NO SCHOOL	3 CHICKEN NUGGETS, COLESLAW, FRUIT & MILK CORN MUFFIN (MEATBALL SUB)	4 ITALIAN CHEESE PULL APARTS, FRESH VEGGIES, FRUIT & MILK (CORN DOG)	5 WG CHEESE PIZZA TOSSED SALAD w/SPINACH FRUIT & MILK (PRETZEL & CHEESE)	6 SLOPPY JOES ON WG BUN, CORN , FRUIT & MILK (MOZZ. CHEESE STICKS)
9 HAMBURGER ON WG BUN, BAKED BEANS, FRESH VEGGIE, FRUIT & MILK (SPICY CHICKEN PATTY)	10 QUESADILLAS, BLACK BEAN SALSA, CAR- ROTS, FRUIT & MILK (COLD HAM/CHEESE SAND)	11 GRILLED CHEESE SAND. ON WG BREAD, TOMATO SOUP, CRACKERS, CAR- ROTS, FRUIT & MILK (PEPPERONI HOT POCKET)	12 PANCAKES, SAUSAGE, HASHBROWNS, FRUIT & MILK (EGG MUFFINS)	13 PEPPERONI PIZZA, FRESH VEGGIES, FRUIT & MILK (MINI CHEESEBURGERS)
16 CHICKEN PATTY ON WG BUN, BAKED BEANS, CALIF. BLEND VEG., FRUIT & MILK (PIZZA BURGER)	17 DELUXE NACHOS—meat, refried beans, cheese, romaine, chips, CARROTS, FRUIT & MILK (CORN DOG)	18 SPAGHETTI SAUCE ON WG NOODLES, GREEN BEANS, GARLIC TOAST, FRUIT & MILK (BONELESS WINGS)	19 CORN DOG FRESH VEGGIES, FRUIT & MILK (BAKED POTATO w/BBQ PULLED PORK)	20 CHEEZY BREADSTICK PIZZA w/MARINARA SAUCE, FRESH VEGGIES, FRUIT & MILK (EGG ROLLS)
23 CHILI w/meat & beans, CHEDDAR GOLDFISH CRACKERS, GREEN PEP- PERS, FRUIT & MILK (CHEESE BREADSTICKS)	24 CHICKEN TENDERS, COLESLAW, VEGGIE, FRUIT & MILK, CORN MUFFIN (LASAGNA ROLL UPS)	25 MEATBALLS & GRAVY MASHED POTATOES, SLICED CARROTS, FRUIT & MILK, DINNER ROLL (NACHO CHIPS & CHEESE)	26 HOT DOG ON WG BUN BAKED BEANS, FRESH VEG- GIE, FRUIT & MILK (BRAT)	27 PEPPERONI FRENCH BREAD PIZZA, FRESH VEG- GIES, FRUIT & MILK (MOZZ. CHEESE STICKS)
30 CHICKEN NUGGETS, COLESLAW, VEGGIE, FRUIT & MILK (TURKEY SUB)	1 RAVIOLI, GREEN BEANS, DINNER ROLL, FRUIT & MILK (HOT HAM/CH.—KAISER)	2 CHICKEN DRUMSTICKS MASHED POTATOES, GRA- VY, CORN, FRUIT & MILK, DINNER ROLL ((HAM/CH. HOT POCKET)	3 PANCAKES, SAUSAGE, HASHEBROWNS, FRUIT & MILK (EGG MUFFIN)	4 GARLIC CHEESE FRENCH BREAD PIZZA, FRESH VEG- GIES, FRUIT & MILK (CHICKEN TENDERS)