

# Dinner Menu

## September 2017

### What Makes A Meal? A dinner meal includes all four items:

Entrée (Grain + Meat/Meat Alternative)

Vegetable

Fruit

Milk



1

- Meatball Pizza Sub
- Celery Sticks w/ Ranch Dressing
- Applesauce
- Low-fat or Skim Milk

4

No School



5

- Cheeseburger
- Oven Baked Fries
- Banana
- Low-fat or Skim Milk

6

- Hot Dog on Bun
- Baked Beans
- Orange Wedges
- Low-fat or Skim Milk

7

- Chicken Patty Sandwich
- Green Beans
- Diced Peaches
- Low-fat or Skim Milk

8

- Turkey and Cheese Deli Sandwich
- Baby Carrots w/ Ranch Dressing
- Applesauce
- Low-fat or Skim Milk

11

- Corndog
- Peas
- Diced Peaches
- Low-fat or Skim Milk

12

- Fish Patty Melt
- Tater Bites
- Banana
- Low-fat or Skim Milk

13

- Chicken Tenders
- Waffle w/ Syrup
- Steamed Carrots
- Orange Wedges
- Low-fat or Skim Milk

14

- Ham, Turkey & Cheese Deli Sdw
- Celery Sticks w/ Ranch Dressing
- Diced Pears
- Low-fat or Skim Milk

15

- Chicken Parmesan Sandwich
- Corn
- Applesauce
- Low-fat or Skim Milk

18

- Cheeseburger
- Diced Peaches
- Steamed Broccoli
- Low-fat or Skim Milk

19

- Grilled Cheese Sandwich
- Banana
- Peas
- Low-fat or Skim Milk

20

- Pepperoni Pizza
- Celery Sticks w/ Ranch Dressing
- Orange Wedges
- Low-fat or Skim Milk

21

- Chicken Patty Sandwich
- Kickin' Pinto Beans
- Diced Pears
- Low-fat or Skim Milk

22

- Hot Dog on Bun
- Tater Bites
- Applesauce
- Low-fat or Skim Milk

25

- Chicken Nuggets w/ Breadstick
- Steamed Carrot
- Diced Pears
- Low-fat or Skim Milk

26

- Cheese Omelet
- Waffle w/ Syrup
- Baked Beans
- Banana
- Low-fat or Skim Milk

27

- Max Snax Pizza Sticks w/ Marinara Sauce
- Corn
- Orange Wedges
- Low-fat or Skim Milk

28

- BBQ Pork Riblet Sandwich
- Oven Baked Fries
- Diced Peaches
- Low-fat or Skim Milk

29

- Ham and Cheese Deli Sandwich
- Green Beans
- Applesauce
- Low-fat or Skim Milk

**Eat Smart**  
to **Play Hard**



**Eat fruits and veggies**  
at meals and for snacks

**Eat Smart**  
to **Play Hard**



**Drink milk**  
at meals