

September 2018

EVERGREEN 5-8

LUNCH



*3 Choices of Milk are offered daily

*Menu subject to change based on availability



SAVE THE DATE....on Tuesday, September 4th we will be offering the Fresh Fruit & Veggie Bar for all 5th-8th grades

So many options of healthy food choices....fill up that plate!!!



Monday

Tuesday

Wednesday

Thursday

Friday

HOLIDAY!!!

3

Chicken Salad or Tuna
Salad Sandwich on a Pita
Peas or Sliced Cucumbers
Tapioca Pudding
Fruit

4

Super Nachos
Banana Bread
Broccoli & Cauliflower
Green Peppers
Fruit

5

Mac & Cheese w/
Meatballs
Bread Sticks
Green Beans or Carrot Sticks
Sliced Apples w/ Caramel Sauce

6

Pizza
PB & J Sandwich
Tossed Salad w/ Dressings
Cherry Tomatoes
Fruit

7

Spaghetti
Italian Dippers
Strawberry Romaine Salad or
Peas
Fruit

10

Chicken Snack Wrap w/
Tomato
Cheesy Broccoli & Rice
Corn
Fruit

11

Soft Pretzel w/ Nacho
Cheese or PB & J Sandwich
Cheese Sticks
Tex Mex Pasta Salad
Green Beans or Carrot Sticks
Fruit

12

Taco Salad
Refried Beans
Cornbread
Fruit
Salsa

13

Baked Potato Bar
Roll
Broccoli & Cauliflower
Fruit

14

Sloppy Joes on WG Bun
Potato Medley or Steamed
Carrots
Gogurt
Fruit

17

Chicken Parmesan
Mashed Potatoes or Peas
Bread Sticks
Fruit

18

Turkey & Cheese Hoagies
Tomato & Lettuce
Jo Jo's
Raspberry Churros
Fruit

19

Chicken Fajitas & Rice
Black Beans or
Sauted Green Pepper & Onions
Fruit
Salsa

20

Pizza or PB & J Sandwich
Tossed Salad w/ Dressings
Cherry Tomatoes
Rainbow Sherbet
Fruit

21

Chicken Tetrazzini
Chocolate Muffins
Fresh Broccoli or Cauliflower w/
Ranch
Fruit

24

Brunch for Lunch:
French Toast w/ Toppings
Sausages/ Hash Brown Patty or
Steamed Carrots
Juice

25

Corn Dogs or Pop Dogs
Roll
Baked Beans or Peas & Carrots
Fruit

26

BBQ Pork Sandwich
Sweet Potato Fries
Green Beans
Mini Pretzels
Fruit

27

Chicken Soup w/ PB & J
Sandwich
Corn or Sliced Cucumbers
Fruit

28

