

September 2020

EAST EVERGREEN K-4

LUNCH



3 Choices of Milk offered with each meal!!



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

AUGUST 31

Ham & Cheese Sandwich w/
Tomato & Lettuce
Sun Chips
Fruit

Corn Dogs or Pop Dogs 1

Rolls
Fresh Broccoli or
Corn
Fruit

Taco Salad 2

Refried Beans
Cornbread
Fruit

Teriyaki Chicken 3

Fried Rice
Stir Fry & Steamed Carrots
Cheese Sticks
Fruit

Chicken Snack Wrap 4

w/ Tomato
Cheesy Broccoli & Rice
Steamed Carrots
Fruit

HOLIDAY 7

Malibu Chicken 8

Sandwich w/
Tomato & Lettuce
Jo Jo's
Fruit

Mac & Cheese 9

Breadsticks
Broccoli or Cucumbers
Fruit

Super Nachos 10

Refried Beans
Green Peppers
Fruit

Pizza or PB & J 11

Tossed Salad or
Cherry Tomatoes
Fruit

Sloppy Joes on WG 14

Bun
Jo Jo's
Green Beans
Fruit

Spaghetti 15

Italian Dippers
Strawberry Salad
Cucumbers
Cherry Juice Bar

Country Fried Steak w/ 16

Gravy & Rolls
Broccoli & Cauliflower
Mashed Potatoes
Fruit

Chicken Fajitas 17

Sauted Veggies
Refried Beans
Rice
Fruit

Soft Pretzel w/ Nacho 18

Cheese
Pasta Salad & Cheese Sticks
Corn or Carrot Sticks
Fruit

Meatball Subs w/ 21

Cheese
Baked Beans
Celery Sticks
Fruit

Chicken Tetrzzini 22

Chocolate Muffins
Fresh Broccoli & Cauliflower
w/ Ranch
Fruit

Brunch for Lunch: 23

Waffles w/ Toppings,
Sausages, Hash Brown Patty
Or Carrots
Juice

Cheesy Chili & Fries 24

Breadsticks
Peas
Fruit

Pizza or PB & J 25

Tossed Salad or
Cherry Tomatoes
Rainbow Sherbet
Fruit

BBQ Pork Sandwich 28

Jo Jo's or
Green Beans
Fruit

Beef Stroganoff 29

Breadsticks
Carrot Sticks or Cucumbers
Fruit

Hamburgers w/ Cheese 30

Tomato & Lettuce
Oven Fries
Fruit

