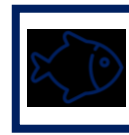


# September 2019 Menu

## Emerson Middle



### Al a carte Items

#### Salad Bar:

- Fresh Seasonal Vegetables
- Fresh Seasonal Fruit
- Chocolate Pudding
- Vanilla Pudding
- Cottage Cheese
- Hard Boiled Eggs
- Mixed Salad Greens
- Ranch Dressing
- Caesar Dressing
- Balsamic Vinaigrette Dressing
- Croutons
- Parmesan Cheese

#### Grill:

- Curly Seasoned Fries
- Cheeseburger
- Hamburger
- Bosco Sticks
- Marinara Sauce
- Breaded Chicken Sandwich
- Pretzel
- Churro

#### Crust:

- Peperoni Pizza
- Cheese Pizza
- Sausage Pizza

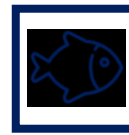
#### Salads:

- Caesar Salad

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LABOR DAY</b> No School in Attendance</p>	<p>3</p> <p><b>Quest Plate</b> (Chicken Tenders, mashed potatoes, gravy and corn)  </p> <p><b>Burrito Bar</b>  </p>	<p>4</p> <p><b>Gyros in pita Cucumbers</b>  </p> <p><b>Boneless Wing Bar</b>  </p>	<p>5</p> <p><b>Chicken Nuggets with Baked Fries</b>  </p> <p><b>Burger Bar</b>  </p>	<p>6</p> <p><b>French Toast and Hashbrown</b>  </p> <p><b>Nacho Bar</b>  </p>
<p>9</p> <p><b>BLT Wrap with Baked Fries</b>  </p> <p><b>Pasta bar</b>  </p>	<p>10</p> <p><b>Sloppy Joes with Chips</b> </p> <p><b>Burrito Bar</b>  </p>	<p>11</p> <p><b>Teriyaki Chicken and Fried Rice</b>  </p> <p><b>Boneless Wing Bar</b>  </p>	<p>12</p> <p><b>Chicken Tacos with Corn</b>  </p> <p><b>Burger Bar</b>  </p>	<p>13</p> <p><b>Waffles with Hashbrown</b>  </p> <p><b>Nacho Bar</b>  </p>
<p>16</p> <p><b>BBQ Rib Sanwich with Chips</b>  </p> <p><b>Pasta Bar</b>  </p>	<p>17</p> <p><b>Chicken Corn Dogs with Veggies</b>  </p> <p><b>Burrito Bar</b>  </p>	<p>18</p> <p><b>Cheeseburger Wrap with Baked Fries</b>  </p> <p><b>Boneless Wing Bar</b>  </p>	<p>19</p> <p><b>Homemade Meatloaf with Mashed Potatoes</b>  </p> <p><b>Burger Bar</b>  </p>	<p>20</p> <p><b>French Toast with Hashbrown</b>  </p> <p><b>Nacho Bar</b>  </p>

ALLERGENS: =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

# September 2019 Menu Emerson Middle



## Al a carte Items continued

### Crave:

- Choc Chunk Muffin
- Blueberry Muffin
- Brownies
- Cinnamon Rolls
- Cookie
- Yogurt Parfait
- Pudding Parfait

### Made To Order Sandwiches:

- Whole Wheat Bread
- French Roll
- Multigrain Bread
- Tomato Focaccia
- Salami
- Pepperoni
- Turkey Ham
- Turkey
- Tuna Salad
- American Cheese
- Provolone Cheese
- Swiss Cheese
- Lettuce
- Tomato
- Onion
- Pickles
- Banana Peppers
- Giardiniera
- Cucumbers
- Black Olives
- Mayonnaise
- Olive Oil
- Vinegar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p><b>Filet of Fish Sandwich with Baked Fries</b> </p> <p><b>Pasta Bar</b> </p>	<p>24</p> <p><b>Greek Lasagna with Peas</b> </p> <p><b>Burrito Bar</b> </p>	<p>25</p> <p><b>Chicken Parmesan with Noodles</b> </p> <p><b>Boneless Wing Bar</b> </p>	<p>26</p> <p><b>Quest Plate</b> (Chicken Tenders, mashed potatoes, gravy and corn) </p> <p><b>Burger Bar</b> </p>	<p>27</p> <p><b>Waffles and Hashbrown</b> </p> <p><b>Nacho Bar</b> </p>
<p>30</p> <p><b>Italian Beef with Veggies</b> </p> <p><b>Pasta Bar</b> </p>				

**ALLERGENS:** =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

If you have questions or comments, please email Lindsey Borchers at: [lborchers@d64.org](mailto:lborchers@d64.org) .

For nutritional information please visit: [questfmsnutrition.com](http://questfmsnutrition.com)

Menu changes may be necessary at times, please note nutritional needs will be assessed when making substitutions!