



SEPTEMBER 2021

ASDB/PDS SCHOOL LUNCH

MONDAY

30 **Cheesy Baked Ziti**
Garden Salad
Corn

Chicken Nuggets
5 ea

6 **French Toast Sticks with Cheesy Eggs**
Orange Glazed Carrots
Broccoli

Chicken Tenders
3 ea

13 **Mac & Cheese**
Baby Carrots
Green Beans

Fish Sticks 4 ea
w. Roll

20 **Pancakes with Cheesy Eggs**
Tater Tots
Baby Carrots

Chicken Tenders 3 ea

27 **Cheesy Baked Ziti**
Garden Salad
Corn

Chicken Tenders 3 ea

TUESDAY

31 **Chicken & Waffle Sandwich**
Baby Carrots
Sliced Cucumber

Hamburger 1 ea

7 **Beef Walking Taco**
Black Beans
Diced Tomato

Cheese Quesadilla
1 ea

14 **Meatball Hoagie**
Garden Salad
Italian Vegetables

Chicken Patty 1 ea

21 **Chicken Taco Salad**
Black Beans
Sliced Cucumber

Cheeseburger 1 ea

28 **Chicken & Waffle Sandwich**
Baby Carrots
Sliced Cucumber

Hamburger 1 ea

WEDNESDAY

1 **Chicken Teriyaki Whole Grain Bowl**
Black Eyes Peas
Roasted Corn

Hot Dog 1 ea

8 **Yakisoba Noodle Bowl**
Szechuan Shitake
 Green Beans
Baby Carrots

Corn Dog 1 ea

15 **Turkey Burrito Bowl**
Chuckwagon Corn
Mixed Vegetables

Hot Dog 1 ea

22 **Spaghetti with Meat Sauce**
Roasted Green Beans
Italian Vegetables

Corn Dog 1 ea

29 **Chicken Teriyaki Whole Grain Bowl**
Black Eyes Peas
Roasted Corn

Hot Dog 1 ea

THURSDAY

2 **Three Cheese Grilled Cheese**
Sweet Potato Fries
Mixed Vegetables

Chicken Patty 1 ea

9 **Cheeseburger Sliders**
Corn Cobette
Tater Tots

BBQ Grilled Chicken Sandwich 1 ea

16 **Chicken Alfredo**
Herb Roasted Tomatoes
Sweet Peas

Hamburger 1 ea

23 **Turkey & Bean Chili with Cornbread**
Garden Salad
Broccoli

BBQ Grilled Chicken Sandwich 1 ea

30 **Three Cheese Grilled Cheese**
Sweet Potato Fries
Mixed Vegetables

Chicken Patty 1 ea

FRIDAY

3 **BBQ Rodeo Burger**
Baby Carrots
Roasted Cauliflower

Assorted Pizza
1 slice

Country Chicken
10 **Potato Bowl with Roll**
Green Pea
Garden Salad

Assorted Pizza
1 slice

17 **Pork Fajitas** 2 ea
Pinto Beans ½ c
Chipotle Coleslaw ¼ c

Assorted Pizza
1 slice

24 **Chicken Philly Hoagie**
Roasted Balsamic Zucchini
Sweet Potato Fries

Assorted Pizza
1 slice

HS Only Choose From
Classic Line item

Manager's Special Pizza

Or

Sandwiches & Entrée Salads
Made Fresh Daily

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Classic Line item

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Key: BeWell Healthy Option Vegetarian (Ovo-Lacto) Local Fresh Picks