

# September 2017

# Unatego MS/HS

# LUNCH



## Lunch Prices

K-5<sup>th</sup> \$2.00  
 6<sup>th</sup>-12<sup>th</sup> \$2.10  
 Reduced \$.25

Remember you can make online payments though:  
[www.myschoolbucks.com](http://www.myschoolbucks.com)  
 Set up an account today!



**Available Daily:** Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day.

**Milk:** 1% White and Fat Free Chocolate

**Daily Choices:** Grab and Go Bar, Sandwich Station, Smoothies, Fresh Salads, and Wrap of the Day.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**“USDA is an equal opportunity provider and employer”**

**New Meal Applications must be turned in by October 13th**



1



4



5

**First Day of School!**

6

Crispy Chicken Sandwich  
 On Whole Grain Bun  
 W/ Lettuce and Tomato  
 Sweet Potato Fries

Hot Dog or Cheesy Dog  
 On Whole Grain Bun  
 Baked Beans  
 Macaroni Salad

7

Assorted Hand Stretched  
 Pizza  
 Romaine and Spinach Salad W/  
 Tomatoes and Cucumbers

8

Cinnamon French Toast Sticks  
 Breakfast Sausage  
 Roasted Carrots

11

Beef Taco on Whole  
 Grain Tortilla  
 W/ Tomatoes and Lettuce  
 Sour Cream  
 Refried Beans

12

Build Your Own Sub  
 Turkey or Ham W/ Cheese  
 Lettuce and Tomato  
 Sub Sauces  
 Green Beans

13

Ultimate Chicken Bowl  
 (Popcorn Chicken, Mashed Potatoes,  
 Gravy, and Cheese)  
 Corn  
 Whole Grain Roll

14

Assorted Hand Stretched  
 Pizza  
 Steamed Broccoli

15

Chicken Tenders  
 Whole Grain Roll  
 Rice  
 Seasoned Potato Wedges

18

Nachos W/ Meat & Cheese  
 Served W/ Salsa  
 Black Bean Salad

19

Italian Pepperoni or Cheese Roll  
 W/ Marinara Sauce  
 Roasted Brussel Sprouts

20

Homemade Macaroni  
 and Cheese  
 Whole Grain Roll  
 Carrot Coins

21

Assorted Hand Stretched  
 Pizza  
 Romaine and Spinach Salad W/  
 Tomatoes and Cucumbers  
 & Chick Peas

22

Cheeseburger/Hamburger  
 on Whole Grain Bun  
 W/ Lettuce and Tomato  
 French Fries

25

Shredded Chicken Quesadilla  
 OR Cheese Quesadilla  
 Served W/ Sour Cream  
 and Salsa  
 Refried Beans

26

Toasted Meatball Sub  
 Side of Pasta  
 Seasoned Carrots

27

Italian Pasta Pizza Bake  
 Green Beans  
 Garlic Bread Stick

28

Assorted Hand Stretched  
 Pizza  
 Roasted Broccoli

29