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## September 2017

| Sun | Mon  | Tue   | Wed  | Thu   | Fri   | Sat |
|-----|--|---|--|---|---|-----|
|     |  |   |  |   | 1   | 2   |
| 3   | 4  | 5   | 6<br>Chicken Nuggets<br>WW Roll<br>Sweet Corn<br>Pineapple                           | 7<br>Beef Tacos w/<br>Lettuce, Cheese, &<br>Tomato<br>Red Beans & Rice<br>Fresh Fruit | 8<br>Baked Mac &<br>Cheese Wedges<br>Baked Roll<br>Caesar Salad<br>Apple Slices | 9   |
| 10  | 11<br>Chicken Fajitas<br>Peppers & Onions<br>Spanish Rice<br>Black Bean, Corn,<br>& Avocado Salad<br>Peaches | 12<br>Beef Cheese Steak<br>WW Hot Dog Roll<br>Peppers & Onions<br>Coleslaw<br>Pears         | 13<br>Chicken & WW Egg<br>Noodles<br>WW Roll<br>Steamed Carrots<br>Mixed Fruit       | 14<br>Baked Ham<br>WW Roll<br>Green Beans<br>Pineapple Chunks                         | 15<br>Flatbread Cheese<br>Pizza<br>Baked Lays<br>Garden Salad<br>Fresh Fruit    | 16  |
| 17  | 18<br>Fish Sticks<br>Brown Rice<br>Seasonal Squash<br>Mixed Fruit  | 19<br>Vegetable Quiche<br>Roasted Potatoes<br>Seasoned Cauli-<br>flower<br>Orange Wedges    | 20<br>BBQ Chicken<br>WW Mac Salad<br>Corn on the Cob<br>Apple Slices                 | 21<br>WW Pasta w/<br>Meat Sauce<br>WW Bread Stick<br>Fresh Broccoli<br>Pears          | 22<br>Chic Ranch Flat-<br>bread Pizza<br>Sweet Potato Fries<br>Fruit Salad      | 23  |
| 24  | 25<br>WW Grilled Cheese<br>Tomato Soup<br>Gold Fish Crackers<br>Celery & Carrots<br>Peaches                  | 26<br>Cheese Burger on a<br>WW Roll<br>Potato Wedges<br>Fresh Broccoli<br>Fresh Fruit Salad | 27<br>Chicken Stir Fry<br>Brown Rice<br>Oriental Vegetable<br>Blend<br>Orange Wedges | 28<br>Chicken Patty on a<br>WW Roll<br>Strawberry Spin-<br>ach Salad<br>Mixed Fruit   | 29<br>Beef Nachos<br>W/ Mexican Salad<br>Sweet Corn<br>Pineapple Chunks         | 30  |
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