

# September 2022

<b>Monday</b> September 12, 2022	<b>Tuesday</b> September 13, 2022	<b>Wednesday</b> September 14, 2022	<b>Thursday</b> September 15, 2022	<b>Friday</b> September 16, 2022
<b>BREAKFAST:</b> Egg, Ham & Cheese Bake Pears (1/2c)	<b>BREAKFAST:</b> Pancakes (2) & Saus. Patty(2oz) Peaches (1/2 C)	<b>BREAKFAST:</b> Muffins (1 each) Applesauce (1/2 c)	<b>BREAKFAST:</b> Yogurt (1 each) Pineapple (1/2c)	<b>BREAKFAST:</b> French Toast Sticks (4sticks) Strawberries (1/2c)
<b>LUNCH:</b> Ham & Cheese (1 each) or Cheddarwurst (2oz) W.G.Bun (1) Peas (1/2c) Carrots (1/2 c) Pasta Salad (1/2c:3/4c) Fresh Veggie Tray (1/2 c) Pears (1/2c)	<b>LUNCH:</b> Mini Corn Dogs (5) or Chicken Fried Steak (2oz) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/2c) Cauliflower (1/2c) Apple Slices (1/2c)	<b>LUNCH:</b> Chicken Wrap (1;2) or Pulled Pork (2oz) Shred Cheese 1/2oz Nacho(1oz chip/1oz cheese) Refried Beans (1/4 c) WK Corn (1/4c/ 1/2 c) Lettuce: Romaine/iceberg Applesauce (1/2 c)	<b>LUNCH:</b> Ravioli (1 cup) or Deli Ham Sand. (3.4oz) Breadsticks (1oz/2oz) Green Beans (1/2 c) Fresh Veggie Tray (1/2c) Pineapple (1/2c)	<b>LUNCH:</b> Pizza (1 slice) or Assorted Sandwiches (1 each) Hash Browns (1/2 c) Veggie Beans (1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Strawberries (1/2c)

<b>Monday</b> September 19, 2022	<b>Tuesday</b> September 20, 2022	<b>Wednesday</b> September 21, 2022	<b>Thursday</b> September 22, 2022	<b>Friday</b> September 23, 2022
<b>BREAKFAST:</b> Bagels (1each) Mixed Fruit (1/2 c)	<b>BREAKFAST:</b> Muffins (1 each) Peaches (1/2 c)	<b>BREAKFAST:</b> Cinnamon Rolls (1 each) Pears (1/2c)	<b>BREAKFAST:</b> Yogurt (1 each) Mandarin Oranges(1/2c)	<b>BREAKFAST:</b> Waffles & Sausage Patty (2oz) Applesauce (1/2 c)
<b>LUNCH:</b> Spaghetti w/ Meat Sauce ( 5/8c) or Hamburger (2oz) Garlic Toast (1slice/2 slices) Green Beans (1/2c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2c) Mixed Fruit (1/2 c)	<b>LUNCH:</b> Salisbury Steak (2oz) or Pulled Pork (2oz) Tri Tators (3oz / 5oz) Veggie Beans (1/2 c) Mixed Veggies (1/4c/ 1/2 c) Fresh Veggie Tray (1/2 c) Peaches (1/2 c)	<b>LUNCH:</b> Br.Chicken Patty (2oz) or BBQ Rib Sand. (2oz) Wedge Fries (3oz/5oz) WK Corn (1/4c/ 1/2 c) Fresh Veggie Tray (1/2 c) Pears (1/2c)	<b>LUNCH:</b> Chili (8oz/10oz) or Hot Dog (2oz) French Fries (1/4c/1/2c) Dk. Gr. Lettuce Salad (1/4c) Shredded Cheese (1/2oz) Fresh Veggie Tray (1/4 c) Mandarin Oranges(1/2c)	<b>LUNCH:</b> Quesadilla (1each) or Hot Dog (2 oz) Spanish Rice (1/2c) Veggie Beans (1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Applesauce (1/2 c)

LENA PUBLIC SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.  
ALL MENUS ARE SUBJECT TO CHANGE AT ANY TIME.

# September 2022

Monday September 26, 2022	Tuesday September 27, 2022	Wednesday September 28, 2022	Thursday September 29, 2022	Friday September 30, 2022
<b>BREAKFAST:</b>	<b>BREAKFAST:</b>	<b>BREAKFAST:</b>	<b>BREAKFAST:</b>	<b>BREAKFAST:</b>
Oatmeal (1each) Pineapple (1/2c)	Muffins (1 each) Peaches (1/2c)	Ham, Egg, Cheese on Muf. (2oz) Applesauce (1/2 c)	Yogurt Parfait(6oz) Pineapple (1/2 C)	Breakfast Pizza (1 Slice) Strawberries (1/2 c)
<b>LUNCH:</b>	<b>LUNCH:</b>	<b>LUNCH:</b>	<b>LUNCH:</b>	<b>LUNCH:</b>
Tomato or Chicken Soup (3/4c / Brat (2oz) or Toasted Cheese (1 each) Hash Browns (1/2c) Fresh Veggie Tray (1/2c) Crackers (2pk) Pineapple (1/2c)	Taco Shell ( 1shell;2 shell) Taco Meat (1 1/2 oz) or Grilled Chicken Sand (2oz) Shred Cheese 1/2oz Nacho(1oz chip/1oz cheese) Refried Beans (1/4 c) WK Corn (1/4c/ 1/2 c) Lettuce: Romaine/iceberg	Hot Dog (2oz) or Hamburger (2oz) WG Buns (1) Mac & Cheese (1/2c-3/4c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/4 c) Applesauce (1/2 c)	Sloppy Joes (2oz)or Deli Ham Sandwich (3.4oz) Cheezy Potato & Ham Soup (1/2 c) W.G. Buns Smiles (3oz/5oz) Fresh Veggie Tray (1/2 c) Crackers (2pk) Pineapple (1/2 C)	Fish Sand. (2oz) or Pizza Burger(2oz) Buttered Noodles (1/2c) Veggie Beans (1/2 c) Fresh Veggie Tray (1/2 c) Cabbage Salad (1/4c) Strawberries (1/2 c)

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