

SMSD 9-12 LUNCH MENU

September 2021



Lunch Fact

My Plate

Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

Monday	Tuesday	Wednesday	Thursday	Friday
 Back to school!	 Back to school!	<p>1 STAFF ONLY</p>	<p>2 CHICKEN & CHEESE WRAPS Spinach 1/2c Green Beans 1/2c WG Crackers</p>	<p>3 CHICKEN NUGGETS Carrots 1/2c Baked Potato Wedges 3/4c</p>
<p>6 NO SCHOOL LABOR DAY</p>	<p>7 TACO TUESDAY Seasoned Meat & Cheese Sweet Corn 1/2c Homemade Salsa & Chips</p>	<p>8 HOT DOG ON A WG BUN Broccoli 1/2c BBQ Baked Beans 1/2c</p>	<p>9 GRILLED CHICKEN SANDWICH 1c Romaine Salad Tomato & Cucumber 1/2c</p>	<p>10 RAMEN NOODLE BOWLS with your choice of Protein (CHICKEN OR BEEF) & VARIETY MIXED VEGGIES</p>
<p>13 CHICKEN PATTY SANDWICH Roasted Carrots 1/2c Baked Beans 1c Pretzels</p>	<p>14 TACO TUESDAY 8" Wraps with Seasoned Meat & Cheese Brown Rice 1/2c Corn 1/2c</p>	<p>15 MEATBALL PARMESAN SUBS WG Pasta 1/2c Seasoned Tomatoes</p>	<p>16 CHEESE & PEPPERONI PIZZA Spinach 1/2c Green Beans 1/2c</p>	<p>17 GRILLED CHEESE Mixed Vegetables 1/2c Tomato Soup 1c WG Crackers</p>
<p>20 CHICKEN NUGGETS Mashed Potato 1/2c Peas Garlic Roll</p>	<p>21 ASSORTED FLATBREAD PIZZAS Brown Rice & Beans 1/2c Corn 1/2c</p>	<p>22 BUFFALO CHICKEN WRAPS Celery & Carrot Sticks Romaine Lettuce</p>	<p>23 SLOPPY JOE SANDWICH Green Beans 1/2c Corn Pasta Bowl</p>	<p>24 BAKED MACARONI & CHEESE Carrots Spinach & Garlic Breadstick</p>
<p>27 MEATLESS MONDAY Your choice of Pasta or Zucchini Roll Ups & Cheese Red Or White Sauce Seasoned Broccoli</p>	<p>28 BBQ CHICKEN SANDWICH Pasta Salad Mixed Summer Veggies</p>	<p>29 ASSORTED SUBS Baked Chips Carrots & Celery Ranch</p>	<p>30 CHEESE & PEPPERONI SUBS Spinach-Tomato & Mozzarella Garlic Subs</p>	 Back to school!

Offered daily

With all School Lunches:

Fresh Fruit & Prepared & Fruit Vegetables

Non or Low Fat White or Chocolate Milk

We serve the following Items Daily

PBJ (2M & 1.75G), Cheese Sandwich (2M & 1.75G),

PRE-MADE SALADS WITH ASSORTED NYS VEGETABLES

This USDA School is an Equal Opportunity Provider and Employer

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Take at least 3