

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

### 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