

September 2019

Keewahdin Lunch

MONDAY

2

NO SCHOOL

TUESDAY

3

*No
Lunch*

WEDNESDAY

4

- Four Meat Pizza or Cheese Pizza
- Pears
- Grape Tomatoes
- Crunchy Baby Carrots

THURSDAY

5

- Turkey & Gravy
- Whole Grain Roll
- Mashed Potatoes
- Sliced Peaches
- Crunchy Baby Carrots

FRIDAY

6

- Orange Chicken
- W/G Vegetable Fried Rice
- Fresh Broccoli
- Fruit Sidekick
- Crunchy Baby Carrots

9

- W/G Cheesy Breadsticks
- Marinara Sauce
- Fresh Slices Orange
- Crunchy Baby Carrots

10

- Three Cheese Mac & Cheese
- Green Beans
- Strawberry Applesauce
- Crunchy Baby Carrots

11

- Pepperoni Pizza or Cheese Pizza
- Apple Slices
- Fresh Broccoli with Lite Ranch Dressing
- Crunchy Baby Carrots

12

- Beef Frank on Whole Grain Hot Dog Bun
- Baked Beans Bush's
- Pineapple Chunks
- Crunchy Baby Carrots

13

- Home-style Beef-a-Roni
- Garlic Toast
- Romaine & Spinach Mixed Salad with Lite Ranch Dressing
- Fresh Pear
- Crunchy Baby Carrots

16

- Happy Hamburger on Whole Grain Bun
- Mini Sweet Potato Puffs
- Michigan Apple includes Fuji, Golden Delicious, Red Delicious or Gala
- Crunchy Baby Carrots

17

**Chicken Bowl
Mashed Potatoes
Corn, Gravy
Apple Slices**

18

- Tony's Fiestada W/G Pizza
- Strawberry Kiwi Frozen Sorbet Cup
- Green Beans
- Crunchy Baby Carrots

19

- Grilled Cheese Sandwich
- Tomato Soup
- Banana
- Crunchy Baby Carrots

20

- Boneless Chicken Wings
- BBQ Sauce or Sweet & Sour Sauce
- Baked Beans Bush's
- Goldfish Crackers
- Orange
- Crunchy Baby Carrots

23

- Beef Chili with Goldfish Crackers
- Baked Potato
- Sliced Peaches
- Crunchy Baby Carrots

24

- 8 oz Strawberry Banana Smoothie
- Bosco Stick
- Fresh Broccoli with Lite Ranch Dressing
- Crunchy Baby Carrots

25

- Personal Pan Pizza
- Mixed Fruit Applesauce
- Grape Tomatoes
- Crunchy Baby Carrots

26

- Chicken Filet on Buttermilk Waffle
- Bush's Baked Beans
- Banana
- Crunchy Baby Carrots

27

NO SCHOOL

30

- Chicken Drumstick
- Corn Muffin
- Red Grapes
- Baked Beans Bush's
- Crunchy Baby Carrots

Milk Options Offered Daily: Fat Free Milk (White), 1% Milk (White), 1% Chocolate Milk, 1% Strawberry Milk

More Details: phasd.nutrislice.com/menu/keewahdin/lunch/

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Breakfast and lunch
are available to
all students free
of charge!