

SEPTEMBER | 2019



TEAYS VALLEY HIGH LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3 CRISPY CHICKEN SANDWICH
OVEN BAKED FRIES
BAKED BEANS
FRESH FRUIT
PEACH CUP
SLICED TOMATO, PICKLES
MILK

4 PIZZA
ROMAINE SALAD
CARROTS
FRESH FRUIT
APPLESAUCE CUP
COOKIE
MILK

5 CHICKEN ALFREDO
WITH A TWIST
GREEN BEANS
CUCUMBER / TOMATO / DIP
FRESH FRUIT
PEAR CUP
GARLIC BREAD
MILK

6 CHICKEN STRIPS
MASHED POTATOES
BROCCOLI SALAD
FRESH FRUIT
PINEAPPLE
WG DINNER ROLL
MILK

9 FRENCH TOAST STICKS
CHEESE OMELET
SAUSAGE
HASHBROWN
DRAGON PUNCH
MIXED BERRY CUP
MILK

10 BACON CHEESEBURGER
OVEN BAKED FRIES
BAKED BEANS
FRESH FRUIT
PEACH CUP
PICKLES, SLICED TOMATOES
MILK

11 PIZZA
GREEN BEANS
CARROTS
FRESH FRUIT
APPLESAUCE CUP
COOKIE
MILK

12 ORANGE SESAME CHICKEN
FRIED RICE
BROCCOLI SLAW
FRESH FRUIT
MANDARIN ORANGES
FORTUNE COOKIE
MILK

13 BOSCO STICKS
MARINARA CUP
MIXED VEGETABLES
CELERY / DIP
FRESH FRUIT
STRAWBERRY CUP
ICE CREAM
MILK

16 CHICKEN STRIPS
MASHED POTATOES
BROCCOLI / CHEESE
FRESH FRUIT
PEAR CUP
WG DINNER ROLL
MILK

17 GRILLED CHEESE
TOMATO SOUP / CRACKERS
CUCUMBERS / DIP
FRESH FRUIT
MIXED BERRY CUP
GOLDFISH CRACKERS
MILK

18 PIZZA
ROMAINE SALAD
CARROTS
FRESH FRUIT
APPLESAUCE CUP
COOKIE
MILK

19 LASAGNA
GREEN BEANS
VEGGIE / DIP
FRESH FRUIT
PEACH CUP
TWISTED GARLIC BREAD
MILK

20 BREAKFAST BREADSTICK
HASHBROWN
WANGO MANGO JUICE
FRESH FRUIT
APPLESAUCE CUP
SYRUP CUP
MILK

23 MAC AND CHEESE
PEAS AND CARROTS
CELERY / DIP
FRESH FRUIT
MIXED BERRY CUP
PRETZEL BREADSTICK
MILK

24 NACHO'S BEL GRANDE
MEAT, CHEESE, CHIPS
BLACK OR REFRIED BEANS
TOMATOES
FRESH FRUIT
PEAR CUP
SOUR CREAM / SALSA CUP
MILK

25 PIZZA
BROCCOLI
CARROTS
FRESH FRUIT
APPLESAUCE CUP
COOKIE
MILK

26 POPCORN CHICKEN BOWL
POTATOES, CORN, GRAVY
GREEN BEANS
FRESH FRUIT
TROPICAL FRUIT
WG DINNER ROLL
MILK

27 BBQ CHICKEN PIZZA
MIXED VEGETABLES
CUCUMBERS 'DIP
FRESH FRUIT
STRAWBERRY CUP
ICE CREAM
MILK

30 SPICY OR REG CHICKEN
SANDWICH
BROCCOLI SLAW
TOMATO SLICES, LETTUCE
FRESH FRUIT
PEAR CUP
BAKED CHIPS
MILK

1 OVEN FRIED CHICKEN
MASHED POTATOES /GRAVY
GREEN BEANS
FRESH FRUIT
PEACH CUP
WG DINNER ROLL
MILK

2 LUNCH: \$3.00
REDUCED: .40¢
BREAKFAST: \$1.50
REDUCED: .30¢

3 THIS INSTITUTE IS AN EQUAL
OPPORTUNITY PROVIDER AND
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4 MENU SUBJECT TO
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NOTICE

News

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HEALTHY START
TO THEIR DAY**

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WELLBEING
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