

## What's on



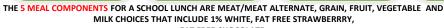
## Mill September Lunch Menu

Staff Price \$4.35

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Monday		Wednesday	Thursday	Friday
				Classic Cheeseburger % Cup Steamed Corn on the Cobb
	Week	1:1) Hot 2) Muffin Fun	Lunch	
4	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream	Chicken Nuggets  ½ Cup Steamed Green Beans  1 Whole Grain Dinner Roll	7 Classic Cheese Pizza ½ Cup Steamed Baby Carrots	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes
HAPPY LABOR ⊅AY!			OH SAN	
Week 2 :1) Hot 2) Bagel Fun Lunch				
Grilled Cheese 6oz of Tomato Soup	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar	13 Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries	14 Pepperoni Pizza ½ Cup Steamed Broccoli 🔇	19 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll
	Salsa and Sour Cream ½ Cup Golden Steamed Corn	1 Whole Grain Dinner Roll		
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch				
18 Italian Meatball Sub ½ Cup of Steamed Cheezy Broccoli	19 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn	20 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll	21 Classic Cheese Pizza 1 cup Caesar Salad	2: Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges
			3	<b>S</b>
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls				
Yem 🌣 Kippur	26 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn	27 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll	28 Pepperoni Pizza 1 Cup Garden Salad	Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Steak Fries
	14/a a l. F.	1) Hat Lunch 3) Court	ium Lumah	
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch Fresh Fruit and Vegetable Bar (Available Daily)				
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LE) Assorted Chilled Fruit	Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit
THE E MEAL COMPONENTS COR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE CRAIN EDUIT VEGETARIE AND				



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Vegetarian

Locally Grown