

September 2020

BONIFAY K – 8

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Sandwich
French Fries
Milk
Fruit

1

Quesadilla
Corn
Milk
Fruit

2

Egg Rolls
Fried Rice
Green Beans
Milk
Fruit

3

Cheesy Chicken
Tortilla Chips
Side Salad w/ Ranch
Milk
Fruit

4

NO SCHOOL

7

Hamburger
French Fries
Milk
Fruit

8

Cheesy Hamburger Dip
Tortilla Chips
Side Salad w/ Ranch
Milk
Fruit

9

Chicken Noodle
Peas & Carrots
Rolls
Milk
Fruit

10

Corn Dog
Mac & Cheese
Carrot Sticks
Milk
Fruit

11

Salisbury Steak
Mashed Potatoes
Green Beans
Dinner Roll
Milk Fruit

14

Chicken Sandwich
Fries
Milk
Fruit

15

Pizza
Broccoli
Side Salad
Milk
Fruit

16

Burrito
Corn
Milk
Fruit

17

Chicken & Waffle
Baked Beans
Carrot Sticks w/ Ranch
Milk
Fruit

18

Chicken Nuggets
Mashed Potatoes
Broccoli
Milk
Fruit

21

Hamburger
French Fries
Milk
Fruit

22

Taco Salad
Tortilla Chips
Corn
Milk
Fruit

23

Cherry Blossom Chicken
Fried Rice
Green Beans
Milk
Fruit

24

Hot Dog
Chips
Carrot Sticks w/ Ranch
Milk
Fruit

25

Pizza
Broccoli
Carrot Sticks w/ Ranch
Milk
Fruit

28

Chicken Sandwich
French Fries
Milk
Fruit

29

Ham & Cheese Hot Pocl
Corn
Milk
Fruit

30

