

September 2017

BONIFAY K - 8

LUNCH



SERVED DAILY: Milk, Fruit, and Second Option. Condiments as Needed.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



LABOR DAY
NO SCHOOL

Warm Ham & Cheese
Steamed Broccoli
Mash Potatoes
Chez It
Fruit

Beef Nacho
Tortilla Chips
Lettuce
Corn
WGR Cookie - Fruit

Sloppy Joe
Fries
Carrot Sticks w/ Ranch
Fruit

Burrito
Black Beans
Corn
Lettuce
Fruit

Cheesy Chicken
Tortilla Chips
Lettuce
Black Beans
Fruit

Cheese Pizza
Broccoli w/ Ranch
Side Salad w/ Ranch
Side Kick

Chicken Noodle
Carrots
Peas
Fruit

Cheesy Chicken
Tortilla Chips
Lettuce
Fruit

Turkey/Cheese Wrap
Doritos
Broccoli with Ranch
Lettuce/Tomato
Fruit

Hot Dog
Doritos
Baked Beans
Carrot Sticks w/ Ranch
Side Kick

Chicken Filet
Steamed Broccoli
Mash Potatoes
Fruit

Taco Salad
Tortilla Chips
Lettuce/Cheese
Corn
Fruit

Chicken Alfredo
Garlic Bread
Green Beans
Side Salad w/ Ranch
Fruit

Hamburger
Wedges
Lettuce/Tomato
Fruit

Corn Dog
Mac & Cheese
Baked Beans
Carrot Sticks w/ Ranch
Fruit

Salisbury Steak
WGR Dinner Roll
Mash Potatoes
Green Beans
Fruit

Double Stuff Pizza
Side Salad w/ Ranch
Broccoli w/ Ranch
Fruit

Chicken Sandwich
Wedges
Lettuce
Tomato
Fruit

BBQ Rib Sandwich
Carrot Sticks W/ Ranch
Baked Beans
Fruit

Burrito
Black Beans
Corn
Lettuce
Fruit