

# SEPTEMBER 2023

# EASTERN MIDDLE SCHOOL

## LUNCH



**THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER**

MENU SUBJECT TO CHANGE



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Labor Day**

4

WALKING TACO  
LETTUCE/CHEESE  
SPICY BEANS  
FRUIT  
MILK

5

SAUSAGE PATTY  
HASHBROWN  
PANCAKES  
APPLE JUICE  
MILK

6

POPCORN CHICKEN  
MASHED POTATOES  
GRAVY  
DINNER ROLL  
FRUIT/MILK

7

**PIZZA**  
**GREEN BEANS**  
**ROMAINE SALAD**  
**FRUIT**  
**MILK**

8

**CHEESE CONEY**  
**FRENCH FRIES**

11

ROMAINE SALAD  
FRUIT  
MILK

CHICKEN FAJITA  
LETTUCE/CHEESE  
BLACK BEANS  
MEXICAN RICE  
FRUIT/MILK

12

GRILLED CHEESE  
GLAZED CARROTS  
ROMAINE SALAD  
FRUIT  
MILK

13

CHICKEN NUGGETS  
STEAMED BROCCOLI  
**DINNER ROLL**  
**FRUIT**  
**MILK**

14

PIZZA  
CORN  
ROMAINE SALAD  
FRUIT  
MILK

15

CHEESEBURGER  
FRENCH FRIES  
ROMAINE SALAD  
FRUIT  
MILK

18

SOFT TACO/TORTILLA  
LETTUCE/CHEESE  
REFRIED BEANS  
FRUIT  
MILK

19

SAUSAGE LINKS  
BISCUIT/ GRAVY  
DICED POTATOES  
FRUIT  
MILK

20

**CHICKEN STRIPS**  
**SWEET POTATOES**  
DINNER ROLL  
FRUIT  
MILK

21

PIZZA  
GREEN BEANS  
ROMAINE SALAD  
FRUIT  
MILK

22

NO SCHOOL

25

BROWN

26

COUNTY

27

FAIR

28

NO SCHOOL

29