

# SEPTEMBER 2021

# WAKEFIELD-MARENISCO

# LUNCH



**School Information: Milk and Water with every meal.**

**FRUITS & VEGETABLES DAILY**

**\*\*\*\*\*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



**Meatballs Gravy**  
**Butter Noodles**  
**Roll** 1

**Mac & Cheese**  
**Chicken Sticks** 2

**NO SCHOOL** 3

**Labor Day**  
**NO SCHOOL** 6

**Taco Pizza Bites**  
**Salsa & Sour Cream**  
**Lettuce & Tomato** 7

**Mini Corn Dogs**  
**Baked Beans**  
**Chips & Pickles** 8

**Rotini & Meat Sauce**  
**Garlic Twist** 9

**Pizza Salad**  
**\*\*Treat Day\*\*** 10

**Chicken Tenders**  
**Fries**  
**BBQ & Ketchup** 13

**Beefy Nachos**  
**Salsa & Sour Cream**  
**Lettuce & Tomato** 14

**Ham & Turkey Subs**  
**Chips & Pickles**  
**Lettuce & Tomato** 15

**BBQ Ribs**  
**Butter Noodles**  
**Roll** 16

**Garlic French Bread**  
**Pizza w/Marinara**  
**Salad**  
**\*\*Treat Day\*\*** 17

**Hamburger/Cheese Burger**  
**Fries & Pickle** 20

**Taco Wrap**  
**Salsa/Cheese & Chips**  
**Lettuce & Tomato** 21

**First Day of Fall**  
**Chicken Alfredo**  
**Broccoli**  
**Garlic Stick** 22

**Cardinal Bowl~**  
**Mashed potatoes,**  
**gravy, chicken, corn**  
**Biscuit & Butter** 23

**Pizza Salad**  
**\*\*Treat Day\*\*** 24

**Hot Dog on Bun**  
**Baked Beans**  
**Chips & Pickles** 27

**Walking Taco**  
**Salsa & Sour Cream**  
**Lettuce & Tomato** 28

**Chicken Patty**  
**Nacho Cheese & Chips**  
**Lettuce & Tomato** 29

**Chicken Noodle Soup**  
**Bosco Sticks**  
**Crackers** 30