

SEPTEMBER 2022

WAKEFIELD-MARENISCO

LUNCH



School Information: MILK & WATER WITH ALL MEALS FRUITS AND VEGETABLES DAILY ***MENU SUBJECT TO AVAILABILITY*******



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



Chicken Patty
Nacho Cheese/Chips
Lettuce, Tomato,
Pickle

NO
SCHOOL

Labor Day
NO
SCHOOL

Walking Taco

Ravioli's
Meat Sauce
Garlic Bread

Hot Dog on Bun
Baked Beans
Chips & Pickle

Pizza
Salad

Chicken Tenders
Tater Tots

Taco Salad

Mini Corn Dogs
Smiley Potatoes

Mac & Cheese
Brat Pieces

Broccoli Cheese Soup
Bosco Stick

Meatballs/Gravy
Butter Noodles
Corn & Roll

Cheese Quesadilla
Salsa & Sour Cream

Cheeseburgers
Fries
Pickle

First Day of Fall
Fettuccini Alfredo
Broccoli
Bread Stick

Pizza
Salad

Tomato Soup
Grilled Cheese
Chips

Soft Shell
Chicken Taco
Lettuce, Shredded Cheese
Chips

World School Milk Day
Cardinal Bowl
Biscuit

Turkey Sub
Lettuce, Tom, Pickle
Chips

Fish Sticks
Fries
Baked Beans