

# SEPTEMBER | 2022



## HS/MS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  	<b>30</b>  	<b>31</b>  	<b>1</b> MOZZARELLA STICKS 33g with MARINARA SAUCE 3g CALIFORNIA BLEND 3g GRAPE TOMATOES & CUCUMBERS FRUIT & MILK	<b>2</b> TACO IN A BAG TOP N' GO DORITOS 28g TACO MEAT 5g CHEESE, LETTUCE & SALSA 3g REFRIED BEANS 23g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK
<b>5</b> <b>NO SCHOOL</b>  Labor Day	<b>6</b> PULLED PORK 16g with WG BUN 25g MIXED VEGGIES 8g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK	<b>7</b> SCRAMBLED EGGS 2g FRENCH TOAST 37g GOLDRUSH JUICE 10g FRESH BROCCOLI & CAULIFLOWER FRUIT & MILK	<b>8</b> *NEW* PORK NACHOS TORTILLA CHIPS, CARNITAS & CHEESE (MS-21g / HS-41g) BLACK BEAN FIESTA 12g OR RED PEPPER HUMMUS 18g GRAPE TOMATOES /CUCUMBERS FRUIT & MILK	<b>9</b> *NEW* FRENCH BREAD PIZZA 23g with MARINARA SAUCE 3g CAESAR SIDE SALAD 4g with CROUTONS 5g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK
<b>12</b> CHEESEBURGER 3g with WG BUN 25g FRENCH FRIES 18g FRESH BROCCOLI & CELERY FRUIT & MILK	<b>13</b> MOZZARELLA STICKS 33g with MARINARA SAUCE 3g STEAMED BROCCOLI 5g with CHEESE SAUCE *optional* 3g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK	<b>14</b> FIESTADA PIZZA 28g with SALSA 3g REFRIED BEANS 23g FRESH BROCCOLI & CAULIFLOWER FRUIT & MILK	<b>15</b> REGULAR OR SPICY BREADED CHICKEN 9g with WG BUN 25g GOLDRUSH JUICE 10g OR CALIFORNIA BLEND 3g GRAPE TOMATOES & CUCUMBERS FRUIT & MILK	<b>16</b> PANCAKES 36g SAUSAGE PATTIES 0g HASH BROWNS 32g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK
<b>19</b> CHICKEN DRUMSTICK 6g (ea) DINNER ROLL 12g GLAZED CARROTS 12g FRESH BROCCOLI & CELERY FRUIT & MILK	<b>20</b> CHEESY BREAD 27g with MARINARA SAUCE 3g CAESAR SIDE SALAD 4g with CROUTONS 5g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK	<b>21</b> BRATWURST 1g with WG BUN 27g BAKED BEANS 30g FRESH BROCCOLI & CAULIFLOWER FRUIT & MILK	<b>22</b> *NEW* WILD MIKE'S CHEESE BITES 28g GREEN BEANS 4g GRAPE TOMATOES & CUCUMBERS FRUIT & MILK	<b>23</b> SLOPPY JOE 10g with WG BUN 25g FRENCH FRIES 18g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK
<b>26</b> REGULAR OR SPICY CHICKEN TENDERS 23g CHEEZ-ITS 14g CORN 16g FRESH BROCCOLI & CELERY FRUIT & MILK	<b>27</b> SPAGHETTI (MS-21g / HS-41g) MEATBALLS (MS-5g /HS-6g) MARINARA SAUCE (MS-6g /HS-8g) BREADSTICK 14g STEAMED BROCCOLI 5g with CHEESE SAUCE *optional* 3g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK  *NEW*	<b>28</b> PANCAKES 36g SAUSAGE PATTIES 0g HASH BROWNS 32g FRESH BROCCOLI & CAULIFLOWER FRUIT & MILK	<b>29</b> MOZZARELLA STICKS 33g with MARINARA SAUCE 3g CALIFORNIA BLEND 3g GRAPE TOMATOES & CUCUMBERS FRUIT & MILK	<b>30</b> TACO IN A BAG TOP N' GO DORITOS 28g TACO MEAT 5g CHEESE, LETTUCE & SALSA 3g REFRIED BEANS 23g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK

### PARENT INFO

\*School lunches have returned to regular pricing for the 2022-2023 school year and are **no longer free for all**. Prices can be found on the PEVS website. If you feel your family is eligible for free or reduced meals, please fill out an application in final forms!

### FRESH FRUIT & VEGGIES

A variety of fresh veggies with ranch will be offered daily, along with many fresh fruit options.

### DAILY ALTERNATE TRAY OPTIONS

- \*PBJ UNCRUSTABLE
- \*CHEF SALAD
- \*SUB SANDWICH
- \*LUNCHABLE

### BREAKFAST

Menu is subject to change. The average carb count for canned fruit is 19-22g per ½ cup serving and fruit juice averages 13g carbs. White milk is 13g, chocolate milk is 24g and strawberry milk is 29g. We follow Offer vs. Serve policy. This institution is an equal opportunity provider.