

# September 2020

## Drummond Area School District

### LUNCH



This institution is an equal opportunity provider.



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1) Chicken Nuggets, Brown Rice Broccoli, Apple, Low fat milk

2)

3) Chicken Patty on a Bun, Romaine Salad with Dressing, Peaches, Low fat milk

4) Cheese Quesadilla, Corn, Salsa, Applesauce, Milk

Take home (A) Hamburger Patty on a bun, Ham Sandwich  
Elem- Ham Sandwich

Take Home (B) Cheese Quesadilla

Take Home (A)- Chicken Nuggets, Chicken Patty/ Bun

7) Vacation

8) Beef Spaghetti, Caesar Salad, Garlic Toast, Pears, Milk

9)

10) Beef Hot Dog, Baked Beans Apple, Potato Salad, Milk

11) Macaroni and Cheese, Smuckers PBJ Sandwich, Steamed Broccoli, Applesauce, Low fat milk

Take Home (B) Chicken Wrap, Chicken Patty/ Bun  
Elem- Smucker's PBJ

Take Home (A) Smucker's PBJ sand. Chicken Wrap

Take Home (B) Ham Sandwich

14) Chicken Gravy on Mashed Potatoes, Mixed Vegetable, Mixed Fruit, Low fat milk

15) Beef Tacos on Corn Tortilla Chips, Shredded Lettuce, Cheese, Salsa & Ranch, Banana, Milk

16)

17) Chicken Teriyaki with Brown Rice, Steamed Broccoli, Pineapple, Milk, Fortune Cookie

18) WG Pizza Dippers Marinara Sauce, Steamed Carrots, Sliced Pears, Milk

Take Home (A) Chicken Patty/ Bun, Hamburger Patty/ Bun

Take Home- (B) Chicken Wrap, Chicken Nuggets  
Elem- Chicken Wrap

Take Home (A) WG Pizza Dippers, Chicken Nuggets

Take Home (B) Hamburger/ Bun

21) Chicken Nuggets, Brown Rice, Green Beans, Applesauce, Milk

22) Hamburger, Tomato, Noodle Casserole, Caesar Salad, Breadstick, Banana, Milk

23)

24) Beef Tacos on Corn Tortilla Chips, Shredded Lettuce, Cheese Salsa & Ranch, Peaches

25) Hamburger Patty/Bun, Baked Beans, Applesauce, Low fat milk

Take Home (A) Smuckers PBJ, Turkey Sub

Take Home (B) Smuckers PBJ, Turkey Sub  
Elem- Turkey Sub

Low fat milk Take Home(A) Cheese Pizza, Ham Sandwich

Take Home (B) Cheese Pizza

28) Tater Tot Casserole, Slice of Bread, Green Beans, Strawberry Cup, Low fat milk

29) Chicken Patty/ Bun, Romaine Salad with Dressing, Pears, Milk

30)



Take Home(A) Chicken Patty/ Bun, Hamburger Patty/ Bun

Take Home(B) Chicken Wrap, Chicken Nuggets, Elem – Chicken Wrap