

# ACS K-8 LUNCH MENU-SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
				1 Deli Turkey Sub or Tuna Salad Sandwich Lettuce & Tomato Broccoli & Cherry Tomato Cup Fresh Apple Slices Baked Chips Trail Mix
4 Cheese/Pepperoni Pizza or Chicken Taco w/Cheese/Salsa Tossed Garden Salad Steamed Corn Strawberry Cup	5 Chicken Nuggets w/Roll or Fish on Bun Creamy Carrot Coleslaw Baked Beans Pineapple Tidbits	6 Ranch Chicken Strips Beef Teriyaki Bites Asian Rice Cantaloupe Chunks Steamed Carrots w/ Sauce Applesauce Brownie	7 Cheese Sticks w/Marinara Sauce Or Salisbury Steak w/Gravy Tossed Salad Mashed Potatoes Cantaloupe Chunks Trail Mix	8 Hotdog on Bun/Chili/Onions Or Rib-B-Que on Bun Creamy Carrot Coleslaw Baked Crinkle Fries Mixed Fruit
11 Chicken Fillet on WG Bun or Pinto Beans w/Cornbread Seasoned Potato Wedges Mustard Greens/Diced Tomatoes Lettuce & Tomato Sliced Peaches	12 Nachos w/Beef/ Cheese Sauce or Corndog w/Mustard Shredded Lettuce & Diced Tomato Steamed Corn Black Beans/Salsa Applesauce Cinnamon Glazed Cookie	13 Sweet & Sour Chicken Strips Or Cheese Quesadilla w/Salsa Asian Rice Steamed Carrots w/Sauce Fortune Cookie Nectarine	14 Chicken Pie or Hamburger (Cheese) on Bun Baked Fries Lettuce & Tomato Carrot Strips/Cherry Tomato Cup Watermelon Chunks	15 Deli Ham Sub or Chicken Salad Sandwich Lettuce & Tomato Broccoli Bites w/Ranch Banana or Fresh Apple Slices Baked Chips
18 Chicken Nuggets w/Roll or Fish on Bun Creamy Carrot Coleslaw Baked Beans Fresh Pear	19 Oven Fried Chicken w/Gravy or Teriyaki Beef Bites Mashed Potatoes Steamed Broccoli Fresh Baked Biscuit Pineapple Tidbits	20 Hotdog on Bun/Chili/Onions Or Rib-B-Que on Bun Creamy Carrot Coleslaw Baked Crinkle Fries Watermelon Chunks	21 Breakfast Around the Clock Gravy, Scrambled Eggs, Sausage, Biscuit Corndog w/Mustard Potato Rounds Carrot Strips/Cucumber Slices Baked Apples	22 Stuffed Crust Pizza or Spaghetti w/Roll Tossed Garden Salad Steamed Corn Strawberry Cup Cinnamon Glazed Cookie
25 Chicken Fillet on WG Bun or Chili Mac w/Garlic Toast Lettuce & Tomato Steamed Peas Baked Beans Sliced Peaches	26 Cheese Sticks w/Marinara Sauce Or Salisbury Steak w/Gravy Tossed Salad Mashed Potatoes Steamed Broccoli Mixed Fruit	27 Baked Chicken w/Roll Or Pork BBQ on Bun Creamy Carrot Coleslaw Crinkle Fries Green Beans Chilled Blueberries	28 Nachos w/Beef/ Cheese Sauce or Corndog w/Mustard Shredded Lettuce & Diced Tomato Steamed Corn Black Beans/Salsa Applesauce/Oatmeal Cookie	29 Sweet & Sour Chicken Strips Or Cheese Quesadilla w/Salsa Asian Rice Steamed Carrots w/Sauce Sliced Pears Fortune Cookie

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