

SEPTEMBER 2021 LUNCH

aramark



Milk contains no artificial growth hormones or antibiotics.

We use heart healthy whole-grain breads and serve 100% fruit juice.

Nutrition and allergen information available at

Milk is available with all meals

www.FSPro.com

Menu items do not contain pork

+ Contains no meat

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PURPLE CAULIFLOWER: Brimming with vitamin C, potassium & fiber</p> <p>CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins</p>		1 Pizza Crunchers + Refried Beans Fresh Fruit	2 Classic Hamburger Ketchup Tater Tots / Ketchup Fresh Fruit	3 Turkey Combo & Cheese Sub Mustard PICNIC LUNCH Spinach Salad / Ranch Dressing Baby Carrots 100% Fruit Juice Mini Rice Krispie Treat
6 LABOR DAY	7 Italian Cheese & Garlic Cheesy Pull Aparts + Pizza Dipping Sauce French Fries / Ketchup Craisins	8 All American Cheese Melt + Steamed Green Beans 100% Fruit Juice	9 Chicken Parmesan Sandwich Steamed Broccoli Flavored Applesauce	10 Beef & Cheese Soft Tacos Taco Sauce Black Beans Baby Carrots Fresh Fruit
13 Turkey Sausage Flatbread BBQ Black Beans Baby Carrots Craisins	14 Hot Diggity Dog Ketchup Steamed Carrots Flavored Applesauce	15 Maple Mini Waffles Poultry Sausage Tater Tots / Ketchup Fresh Fruit	16 Popcorn Chicken Breadstick BBQ Sauce Tossed Salad / Ranch Dressing Baby Carrots Fresh Fruit	17 Southwest Queso Cheesy Pull Aparts + Steamed Broccoli 100% Fruit Juice
20 Chicken Nuggets Goldfish Crackers BBQ Sauce Sweet Potato Fries Fresh Fruit	21 Confetti Pancakes Poultry Sausage Tater Tots / Ketchup Flavored Applesauce	22 Cheesy Flatbread + Steamed Green Beans Fresh Fruit	23 Breaded Chicken Sandwich BBQ Sauce Steamed Broccoli Craisins	24 Mini Corn Dogs Mustard Black Charro Beans Baby Carrots 100% Fruit Juice
27 Deep Dish Galaxy Pepperoni Pizza Sweet Potato Fries Fresh Fruit	28 Oven Roasted Chicken Drumstick Brown Rice Emoticon Fries / Ketchup 100% Fruit Juice	29 Spaghetti with Meatballs Steamed Green Beans Fresh Fruit	30 Hot Diggity Dog Ketchup Steamed Broccoli Craisins	<p>EGGPLANT: Full of fiber, folate, & antioxidants</p>