

September 2021

Mid-Atlantic Regional Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	2 Turkey Baked Ziti Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	3 Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
6 HOLIDAY	7 Chicken & Spinach Quesadilla Refried Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	8 Roasted Drumstick with Gravy Mashed Potatoes Corn Bread Assorted Fruit Skim/1% Milk	9 Chef Salad with Turkey, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	10 Baked Pasta with Chicken & Broccoli with Whole Grain Pasta Seasoned Carrots (ALL: 1/2 cup) Skim/1% Milk
13 Turkey Bean Chili Corn Bread Assorted Fruit Skim/1% Milk	14 Beef Hamburger Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	15 Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	16 Spaghetti with Meat Sauce Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	17 Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
20 Beef Hot Dog with Whole Grain Bun Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Skim/1% Milk	21 Chicken & Spinach Quesadilla Refried Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	22 Roasted Drumstick with Gravy Mashed Potatoes Corn Bread Assorted Fruit Skim/1% Milk	23 Chef Salad with Turkey, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	24 Baked Pasta with Chicken & Broccoli with Whole Grain Pasta Seasoned Carrots (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk
27 Turkey Bean Chili Corn Bread Assorted Fruit Skim/1% Milk	28 Beef Hamburger Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	29 Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	30 Spaghetti with Meat Sauce Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	1

Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

NOTE: Menu subject to change