



Sudan Elementary/JH September Lunch Menu

September 2023

Fresh fruit and vegetables offered daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Cheese Quesadilla Firenze Corn Salad Cheese Pizza</p> <p>Black Beans Cherry Tomato Diced Pears Fresh Pear</p>
<p>4 No School -Labor Day</p>	<p>5</p> <p>Beef Hot Dog on a Bun Beef Nachos Salsa</p> <p>Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes</p>	<p>6</p> <p>Bean& Cheese Burrito Salsa Crispy Chicken Sandwich</p> <p>Spiced Pinto Beans Cherry Tomato Pineapple Tidbits Fresh Grapes</p>	<p>7</p> <p>Spaghetti w/ Meatsauce Dinner Roll Cheeseburger on a Bun</p> <p>Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes</p>	<p>8</p> <p>French Toast Sticks Sausage Patty Sausage Pizza</p> <p>Potato Wedges Cherry Tomato Diced Pears Fresh Grapes</p>
<p>11</p> <p>Grilled Ham & Cheese Sandwich Crispy Chicken Nuggets Dinner Roll</p> <p>Roasted Broccoli Baby Carrots Peaches, Diced Banana</p>	<p>12</p> <p>Corn Dog Salsa Soft Beef Tacos</p> <p>Black Beans Baby Carrots Mixed Canned Fruit Banana Salsa</p>	<p>13</p> <p>Meatloaf Dinner Roll Crispy Chicken Sandwich</p> <p>Mashed Potatoes Baby Carrots Pineapple Tidbits Banana Gravy</p>	<p>14</p> <p>Chicken Fried Rice Cheeseburger on a Bun</p> <p>Steamed Green Peas Baby Carrots Applesauce Banana</p>	<p>15</p> <p>Homemade Lasagna Garlic Toast Sausage & Pepperoni Pizza</p> <p>California Blend Vegetable Baby Carrots Diced Pears Banana</p>
<p>18</p> <p>Macaroni & Cheese Crispy Chicken Nuggets Dinner Roll</p> <p>Steamed Peas Broccoli Florets Peaches, Diced Fresh Pear</p>	<p>19</p> <p>Breakfast Burrito Salsa Beef Nachos</p> <p>Refried Beans Broccoli Florets Mixed Canned Fruit Fresh Pear</p>	<p>20</p> <p>Toasted Italian Cheese Sandwich Marinara Sauce Crispy Chicken Sandwich</p> <p>Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Pear</p>	<p>21</p> <p>Popcorn Chicken Bowl Bread Stick Cheeseburger on a Bun</p> <p>Broccoli Florets Applesauce Fresh Pear</p>	<p>22</p> <p>Beef Chili Over Corn Bread Cheese Pizza</p> <p>Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear</p>
<p>25 No School</p>	<p>26</p> <p>Pancakes Easy Egg Bake Beef Tacos w/ Spanish Rice</p> <p>Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Fresh Grapes Salsa</p>	<p>27</p> <p>Orange Chicken Brown Rice Crispy Chicken Sandwich</p> <p>Seasoned Green Beans Red/Orange Bell Pepper Pineapple Tidbits Fresh Grapes</p>	<p>28</p> <p>Corn Dog Cheeseburger on a Bun</p> <p>Baked Beans Red/Orange Bell Pepper Applesauce Fresh Grapes</p>	<p>29 Sack Lunch</p> <p>Hamburger on a Bun Lettuce, Tomato, and Pickles Broccoli Florets Fresh Apple Choice of Milk</p>

PRICES

Students	Free
Adults	\$4.30
Extra Milk	\$0.65

EXTRA INFO

Choice of Milk: 1% Unflavored White or Fat Free Chocolate Milk
For questions please contact: Food Service Director Tonya Draper, tonyadraper@sudanisd.net
Entree salads served with a grain.

HARVEST OF



THE MONTH

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