

# Sudan High School Lunch Menu

September  
2023

Fruit and vegetables offered daily.

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

**PRICES**

Student                      Free  
 Adult                         \$4.30

**EXTRA INFO**

Choice of Milk: 1% White or FF Chocolate  
 For questions please contact:  
 Tonya Draper- Food Service Director  
 tonyadraper@sudanisd.net

Entrée Salads served with a grain.

**HARVEST OF**

**THE MONTH**

