

# September 2019

## Lisbon Grade School

### LUNCH



**Choice of Low Fat White Milk, Fat Free White Milk, or Fat Free Chocolate Milk served daily.**



**Nutrition Tip:** With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



#### Monday

NO  
SCHOOL

2

#### Tuesday

Chicken Nuggets  
Green Beans  
Fruit  
Gogurt

3

#### Wednesday

Beef Tacos  
Nacho Chips, Salsa  
Sour Cream, Cheese  
Carrots  
Fruit

4

#### Thursday

Sub Sandwich  
(ham, turkey, cheese)  
Caesar Salad  
Fruit  
Charlie Brown Pie

5

#### Friday

Southwest Chicken  
Wrap  
(taco chicken, corn, cheese)  
Salsa, Sour Cream  
Fruit, Brownie

6

Hot Ham & Cheese  
on a Bun  
Corn  
Fruit  
Brownie

9

Meatballs & Gravy  
Rice  
Carrots  
Fruit  
Rice Krispy Treat

10

Chicken Fried Steak  
Mashed Potatoes & Gravy  
Green Beans  
Fruit  
Cookie

11

Hot Dog on a Bun  
Baked Beans  
Fruit  
Jell-O Cup

12

Hamburger or  
Cheeseburger on a Bun  
Lettuce Salad w/ Dressing  
Fruit, Fruit Snacks

13

BBQ Pulled Pork  
on a Bun  
Raw Veggies w/ Ranch  
Fruit  
Jell-O Cup

16

Cheese Stuffed  
Breadsticks w/  
Marinara Sauce  
Green Beans, Fruit  
Cookie

17

Chicken Patty on a Bun  
Caesar Salad  
Fruit  
Pudding Cup

18

French Toast Sticks  
Tator Tots  
Fruit  
Gogurt

19

Mini Corn Dogs  
Nacho Chips & Cheese  
Baked Beans  
Fruit  
Fruit Snacks

20

Salisbury Steak  
Mashed Potatoes &  
Gravy  
Fruit, Granola Bar

23

Corn Dog  
Baked Beans  
Fruit  
Pudding Cup

24

Double Stuffed Pizza  
Lettuce Salad w/ Dressing  
Fruit  
Cookie

25

Sweet & Sour Chicken  
Rice  
Steamed Broccoli  
Fruit

26

Biscuits & Sausage Gravy  
Scrambled Eggs  
Tator Tots  
Fruit

27

Beef Chili  
Corn Bread Muffin  
Corn  
Fruit

30

