

# September 2019

## Auburndale School District Lunch Menu

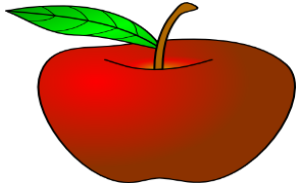
Monday

Tuesday

Wednesday

Thursday

Friday



Most kids already know that fruits and vegetables are healthy food choices, but that is not the only reason to enjoy them. Fruits and vegetables are naturally low in calories, so you get lots of nutrition without eating unhealthy fats. Fruits and vegetables add interest and texture to your meal, and can be found in every color of the rainbow. They are also versatile—besides being a great addition to all sorts of recipes, most fruits and many vegetables are ready to eat just as they are, making them a perfect snack food.

<p><b>2</b></p>  <p><b>Labor Day - No school</b></p>	<p><b>3</b></p> <p>Soft Shell Taco, Shredded Cheese, Pears, Garden Bar #2, Carrot Coins, Applesauce, Salsa, Sour Cream, Milk</p>	<p><b>4</b></p> <p>Chicken &amp; Gravy, Biscuit, Veggie Tray #2, Lettuce, Green Beans, Peaches, Milk</p>	<p><b>5</b></p> <p>Grilled BBQ Pork Rib-H.S./Sloppy Joe-Elem, Bun, French Fries, Mandarin Oranges, Veggie Tray #1, Lettuce, Ketchup, Milk</p>	<p><b>6</b></p> <p>Pizza Dippers, Pizza Sauce, Corn, Peaches, Cantaloupe, Lettuce, Veggie Tray #2, Milk</p>
<p><b>9</b></p> <p>Mandarin Orange Chicken, Rice, Dinner Roll, Lettuce, Veggie Tray #2, Pears, California Blend, Butter, Milk</p>	<p><b>10</b></p> <p>Chicken Nuggets, Dinner Roll, Corn, Pineapple, Garden Bar #1, Ketchup, BBQ Sauce, Honey Mustard, Milk</p>	<p><b>11</b></p> <p>Spaghetti, Meat Sauce, Shredded Mozzarella Cheese, Garlic Bread Stick, Lettuce, Veggie Tray #1, Peaches, Milk</p>	<p><b>12</b></p> <p>Chicken Patty, Bun, Hot Peas, Mandarin Oranges, Lettuce, Veggie Tray #2, Mayo, BBQ Sauce, Honey Mustard, Milk</p>	<p><b>13</b></p> <p>French Toast Sticks, Hash Brown, Applesauce, Oranges, Garden Bar #1, Yogurt, Ketchup, Butter, Syrup, Milk</p>
<p><b>16</b></p> <p>BBQ Chicken Teriyaki, Rice, Dinner Roll, Hot Broccoli, Pineapple, Lettuce, Veggie Tray #1, Butter, Milk</p>	<p><b>17</b></p> <p>Ham &amp; Turkey Subs, Hoagie Bun, Sliced Cheese, Baked Beans, Watermelon, Mixed Fruit, Lettuce, Veggie tray #2, Tomato, Onion, Mayo, Mustard, Milk</p>	<p><b>18</b></p> <p>Italian Pasta Bake, Garlic Bread Stick, Carrot Coins, Cottage Cheese, Lettuce, Veggie Tray #1, Pears, Butter, Milk</p>	<p><b>19</b></p> <p>Chicken Noodle Soup, Crackers, Lettuce, Veggie Tray #2, Mandarin Oranges, Rice Crispy Treat, Butter, Milk</p>	<p><b>20</b></p> <p>Scrambled Eggs, Tater Tots, Shredded Cheese, Corn, Lettuce, Dinner Roll, Applesauce, Butter, Ketchup, Milk</p>
<p><b>23</b></p> <p>Italian Chicken Patty, Bun, Shredded Mozzarella Cheese, Spaghetti Sauce, Veggie Tray #1, Hot Peas, Garden Bar #2, Peaches, Milk</p>	<p><b>24</b></p> <p>Mac &amp; Cheese, California Blend, Veggie Tray #2, Garden Bar #1, Applesauce, Dinner Roll, Butter, Milk</p>	<p><b>25</b></p> <p>Hot Dog, Bun, Coleslaw, Baked Beans, Mandarin Oranges, Lettuce, Veggie Tray #1, Ketchup, Mustard, Milk</p>	<p><b>26</b></p> <p>Grilled Cheese Sandwich, Tomato Soup, Green Beans, Strawberries, Veggie Tray #1, Garden Bar #2, Milk</p>	<p><b>27</b></p> <p>Italian Flat Bread, Pizza Sauce, Corn, Pineapple, Veggie Tray #1, Garden Bar #2, Milk</p>
<p><b>30</b></p> <p>Hamburger, Bun, Sliced Cheese, French Fries, Lettuce, Veggie Tray #1, Baked Beans, Pears, Onion, Tomato, Ketchup, Mustard, Milk</p>				

**High school options:** extra entrée, garden bar, additional fruit and grain daily.

This institution and the USDA are equal opportunity providers.

Menus are subject to change.