

September 2020 SAINT CLAIR AREA ELEMENTARY / MIDDLE

LUNCH



School Information: Welcome Back....We Missed You!! September 7th is Labor Day. Have a Wonderful and Safe Holiday.



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

AUG 31 – CHICKEN STRIPS
MASHED POTATOES
WG ROLL,CORN
CHOICE OF FRUIT
ALT:PIZZA SLICE

LABOR DAY
NO SCHOOL

7

Tuesday

TACO TUESDAY & CHIPS **1**
CHEESE,SHRED
LETTUCE,SALSA BROCCOLI
CHOICE OF FRUIT

ALT: PIZZA SLICE

TACO TUESDAY & CHIPS, CHEESE, **8**
SHRED LETTUCE,BEAN SALAD
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

Wednesday

PIEROGIES W/ ONIONS **2**
STRING CHEESE
CARROTS, SOFT PRETZEL
BITES,CHOICE OF FRUIT

ALT: PIZZA SLICE

BAKED CHEESE PIZZA **9**
SIDE SALAD,CHICK PEAS ,
TOMATO, STEAMED BROCCOLI
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

Thursday

SLICED TURKEY BREAST **3**
SCALLOPED POTATOES
BAKED BEANS, WG ROLL
CHOICE OF FRUIT

ALT: PIZZA SLICE

TURKEY IN GRAVY **10**
BAKED STUFFING,WG
ROLL,STEAMED CORN
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

Friday

MACARONI & CHEESE **4**
CHICKEN SRTIPS,WG
ROLL STEWED TOMATOES
CHOICE OF FRUIT

ALT: PIZZA SLICE

CHEESE RAVIOLI **11**
SHREDDED CH, ROLL
STEAMED CARROTS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

CHICKEN IN GRAVY **14**
BR.RICE,WG
ROLL,BROCCOLI,FRUIT

ALT: HOTDOG ON WG ROLL

HAM & CHEESE **15**
PANINI,SUN CHIPS
STEAMED PEAS,FRUIT

ALT: HOTDOG ON WG ROLL

PASTA w/ MEAT SAUCE **16**
CHEESE,WG ROLL,CARROTS
CHOICE OF FRUIT

ALT: HOTDOG ON WG ROLL

BBQ-SLOPPY JOE **17**
ROLL,GREEN BEANS,
BABY CAKE'S,FRUIT

ALT: HOTDOG ON WG ROLL

CH.BREADSTICKS/SAUCE **18**
ROMAINE & TOMATO SALAD
KIDNEY BEANS
CHOICE OF FRUIT

ALT: HOTDOG ON WG ROLL

CHICKEN FINGERS **21**
BUFFALO,LETTUCE &
TOMATO,CORN,FRUIT
ALT:GRILLED CHEESE SAND

TACO TUESDAY & CHIPS **22**
CHEESE,SHRED LETTUCE
SALSA,BAKED BEANS
CHOICE OF FRUIT
ALT:GRILLED CHEESE SAND

SOUTHWEST CHICKEN **23**
SALAD,CHEESE,LETTUCE &
TOMATO,BROCCOLI
CHOICE OF FRUIT
ALT: GRILLED CHEESE SAND

ROTINI w/ MEAT **24**
SAUCE,CHEESE,WG
ROLL, CARROTS
CHOICE OF FRUIT
ALT: GRIILED CHEESE SAND

BAKED PIZZA BAGEL **25**
TOSSED SALAD,TOMATOES
STEAMED PEAS
CHOICE OF FRUIT
ALT: GRILLED CHEESE SAND

CHICKEN ALFREDO **28**
BUTTERED PASTA
GREEN BEANS
CHOICE OF FRUIT
ALT:PIEROGIES

MEATBALLS IN GRAVY **29**
MASHED POTATOES
BREAD STIX,BROCCOLI
CHOICE OF FRUIT
ALT: PIEROGIES

BREADED FISH STICKS **30**
SWEET POTATO FRIES
CHOICE OF FRUIT
ALT: PIEROGIES

