

SEPTEMBER 2021

Renwick High Schools

LUNCH



School Information: Welcome to September! Hope you will join us for lunch. Meals are free for the school year.

Milk choice served with each meal



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Menus are subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Stromboli w/ dipping sauce **1**
Or Chicken wrap
Seasoned broccoli
Caesar salad
Fresh fruit choice
100% whole frozen fruit cup

Grilled chicken sandwich **2**
Or Quesadilla
Lettuce/tomato
Baked beans
Celery and carrot sticks
Strawberries & bananas or Fresh fruit

Breaded cheese sticks **3**
Or BBQ rib sandwich
Marinara sauce
Green beans
Fresh grapes & canned fruit choice
Snickerdoodle cookie

Labor Day **6**

Pepperoni Pizza **7**
Or Cheeseburger
Romaine salad & steamed corn
Fresh orange wedges & canned fruit
Royal brownie

Chicken fries **8**
Or Spicy chicken sandwich
Dinner roll
Mashed potatoes & gravy
Steamed broccoli
Fresh fruit choice & Applesauce

Mac & Cheese w/ BBQ meatballs or Meatball sub **9**
Whole grain bread
Green beans
Canned fruit choice
Fresh fruit choice

Taco burger or Corndog **10**
Shredded romaine
Salsa and Refried beans
Fresh fruit choice
Canned fruit choice

Yummy sloppy joe **13**
Or Pizza
Roasted red potatoes
Fresh red pepper slices
Canned fruit choice
Fresh apple

Mini waffles or Hamburger **14**
Cheesy egg patty
Sweet potato puffs
Cucumber slices
Fresh fruit choice
Rosy applesauce

Super nachos **15**
Or Chicken Wrap
Black beans & Salsa
Fresh mixed fruit cup
Pineapple slices
Cinnamon puff

Sweet & sour chicken bowl **16**
Or Quesadilla
Oriental veggies
Baby carrots
Mandarin Oranges
Fresh fruit choice

Pizza sticks w/ sauce **17**
Or BBQ rib sandwich
Caesar salad
Fresh grapes
Canned fruit choice
Chocolate chip cookie

Hamburger Or Calzone **20**
Lettuce, pickles, onions
Oven fries
Fresh fruit choice
Canned fruit choice

Baked drumstick **21**
Or Cheeseburger
Oatmeal roll w/ jelly
Carrot coins
Fresh fruit choice
Cinnamon apple slices

First Day of Fall **22**
Beef fingers
Or Spicy Chicken Sandwich
Potatoes & gravy
Blueberry oatmeal bar
Broccoli florets
Fresh grapes & Canned fruit choice

Carnita taco and salsa **23**
Or Meatball sub
Shredded cheese & lettuce
Pinto beans
Pineapple orange salad
Fresh fruit choice

Chicken tetrazzini **24**
Or Corndog
Garlic bread
California blend
Apricot halves
Fresh fruit choice

Deli sub sandwich **27**
Or Pizza
Lettuce & tomato
Sweet potato fries
Fresh fruit choice
Canned fruit choice

Chicken crispito w/ cheese **28**
Or Hamburger
Chips & salsa
Romaine salad
Fresh fruit choice
Tropical fruit salad

Early Dismissal **29**
No Lunch Served

No School **30**