

SEPTEMBER 2015

Veritas Academy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pizza 1 ea Salad ¾ c Cucumbers ½ c Banana 1 ea	2 BBQ Pork Sandwich 1 ea Tater Tots ½ c Celery ½ c Mixed Fruit ½ c	3 Chicken Wrap 1 ea Lettuce and Tomato ½ c Black Bean Salsa ½ c Tostitos 1 ea Pears ½ c	4 No Lunch Served
7 Labor Day	8 Stuffed Pizza 1 ea Malibu Blend ½ c Carrots ¾ c Frozen Fruit Cup 1 ea	9 Salisbury Steak 1 ea Mashed Potatoes ½ c Green Beans ½ c Gravy 1 oz Peaches ½ c	10 Chicken Quesadilla 1 ea Refried Beans ½ c Broccoli ½ c Pineapple ½ c	11 Mac and Cheese ¾ c Spinach Salad ¾ c Veggie Juice 1 ea Apple slices
14 Chicken Fajitas 1 ea Lettuce and tomatoes ½ c Veggie Rice ½ c Tropical Fruit ½ c	15 Upper Crust Pizza 1 ea Salad ¾ c Cucumbers ½ c Applesauce ½ c	16 Chef Salad 1 ea Bread stick 1 ea Banana 1 ea Cookie 1 ea	17 Turkey and cheese on Croissant 1 ea Broccoli ½ c Cauliflower ½ c Pears ½ c	18 Ravioli 3 ea Italian Blend ½ c Peas ½ c Frozen Fruit Cup 1 ea
21 Ham and cheese on pretzel Bread 1 ea Cucumbers ½ c Key West Blend ½ c Mandarin Oranges ½ c	22 Pizza 1 ea Spinach Salad ¾ c Carrots ¾ c Pineapple ½ c	23 Chicken Nuggets 2 oz Mashed Potatoes ½ c Green Beans ½ c Mixed Fruit ½ c	24 Meatball Sub 1 ea Green peppers ½ c Corn ½ c Peaches ½ c	25 Fish Sticks 2 ea Broccoli ½ c Cauliflower ½ c Apple slices
28 Hot Dog 1 ea Baked Beans ½ c Okre ½ c Tropical Fruit ½ c	29 Stuffed Pizza 1 ea Salad ¾ c Carrots ¾ c Pears ½ c	30 Burrito 1 ea Lettuce and tomato ½ c Black Bean Salsa ½ c Tostito 1 ea Mandarin Oranges ½ c	Chicken Smackers 10 ea Mashed Potatoes ½ c Corn ½ c Gravy 1 oz Frozen Fruit Cup	Pasta Primavera ¾ c Spinach ¾ c Garlic Bread 1 ea Applesauce ½ c

News
USDA is an Equal Opportunity provider and Employer

- Fat free white or chocolate milk is offered daily with the lunch

** Menu Subject to Change

Name _____

Grade _____

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	1	2

Orders Due by Aug. 28

SEPTEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

