

SEPTEMBER 2023

St. Henry Elementary School

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.

Monday

Tuesday

Wednesday

Thursday

Friday



Cheese Ripper
Romaine Lettuce
Fruit
Sidekick
Milk

Alt- Deli Sandwich

4

NO SCHOOL!!!

5

Taco Meat
WG Tortilla Chips
Iceberg Lettuce
Cheese & Salsa
Pears/ Milk

Alt- Ham Sandwich

6

BBQ Rib Sandwich
Sweet Potato Fries
Banana
100% Fruit Juice
Milk

Alt-Hotdog Sandwich

7

Chicken Drumstick
Mashed Potatoes
Dinner Roll w/ Jelly
Applesauce
Milk

Alt- Turkey Sandwich

8

Bosco Stick
Romaine Lettuce
Fruit
Frozen Yogurt
Milk

Alt- Deli Sandwich

11

Chicken Nuggets
Baked Beans
Dinner Roll w/ Jelly
Applesauce
Milk

Alt- Ham Sandwich

12

Taco Pizza
Romaine Lettuce
Pears
100% Fruit Juice
Milk

Alt- Turkey Sandwich

13

Salisbury Steak w/ Gravy
Mashed Potatoes
Butter Bread
Peaches
Milk

Alt- Ham Sandwich

14

Pancake on a Stick
Baby Carrots
Green Beans
Pineapple
Milk

Alt- Hotdog Sandwich

15

Cheese Pizza
Romaine Lettuce
Fruit
Jonny Pop
Milk

Alt- Deli Sandwich

18

Chicken Patty Sandwich
Green Beans
Pears
100% Fruit Juice
Milk

Alt- Turkey Sandwich

19

Taco Wedges
Corn
Salsa
Applesauce
Milk

Alt- Hotdog Sandwich

20

Italian Meatballs
Iceberg Salad
Breadstick w/ Sauce
Pineapple
Milk

Alt- Turkey Sandwich

21

Chicken Tenders
Baked Beans
Baby Carrots
Peaches
Milk

Alt- Ham Sandwich

22

Pepperoni Pizza
Romaine Lettuce
Fruit
Jonny Pop
Milk

Alt- Deli Sandwich

25

Hotdog Sandwich
Baked Beans
Baby Carrots
Applesauce
Milk

Alt- Ham Sandwich

26

Fajita Chicken
WG Tortilla
Romaine Lettuce
Peaches/ 100% Fruit Juice
Milk

Alt- Hotdog Sandwich

27

Hot Ham & Cheese
Corn
Baby Carrots
Pears
Milk

Alt- Turkey Sandwich

28

Chili Soup
Goldfish Crackers
Celery
Mandarin Oranges
Milk

Alt- Ham Sandwich

29

Pepperoni Pizza
Romaine Lettuce
Fruit
Sidekick
Milk

Alt- Deli Sandwich

PLEASE NOTE: Menus are subject to change based on product availability
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