

# SEPTEMBER 2023

## St. Henry Middle/ High 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  
Spaghetti Sauce  
Fruit  
100% Fruit Juice  
Milk  
Alt- Deli Sandwich

**4**  
NO SCHOOL!!!

**5**  
Taco Meat  
Tortilla Chips/ Refined Beans  
Iceberg Lettuce  
Cheese & Salsa  
Fruit/ Milk  
HS- Teddy Grahams  
Alt- Deli Sandwich

**6**  
BBQ Rib Sandwich  
Sweet Potato Fries  
Coleslaw  
Cheese & Salsa  
Fruit  
Milk  
Alt- Chicken Salad Sandwich

**7**  
Chicken Drumstick  
Mashed Potatoes  
Dinner Roll  
Fruit/ Milk  
Alt- Deli Sandwich  
**Baked Potato Bar  
(No Salads Today)**

**8**  
Bosco Stick  
Broccoli & Cheese  
String Cheese  
Fruit/ Sidekick  
Milk  
Alt- Deli Sandwich

**11**  
Chicken Nuggets  
Baby Carrots  
Corn  
Pasta Salad  
Fruit/ Milk  
Alt- Hotdog Sandwich

**12**  
Taco Pizza  
Iceberg Lettuce  
Salsa  
Hummus  
Fruit/ Milk  
Alt- Deli Sandwich

**13**  
Salisbury Steak w/ Gravy  
Mashed Potatoes  
Butter Bread  
Fruit  
Milk  
Alt- Deli Sandwich

**14**  
BBQ Chicken Sandwich  
Lettuce, Onion, Tomato  
Tater Tots  
Fruit  
Milk  
Alt- Deli Sandwich

**15**  
Pizza Crunchers  
Romaine Lettuce  
Spaghetti Sauce  
100% Fruit Juice  
Fruit/ Milk  
Alt- Deli Sandwich

**18**  
Chicken Patty Sandwich  
Lettuce, Tomato, Onion  
Potato Smiles  
Fruit  
Milk  
Alt- Hotdog Sandwich

**19**  
Taco Wedges  
Green Beans  
Salsa  
Fruit  
Milk  
Alt- Chicken Salad Sandwich

**20**  
Italian Meatballs  
Caesar Salad  
Breadstick w/ Sauce  
Fruit  
Milk  
Alt- Deli Sandwich

**21**  
Chicken Tender Wrap  
Romaine Lettuce  
Black Beans  
Fruit  
Milk  
Alt- Deli Sandwich

**22**  
Pepperoni Pizza  
Iceberg Lettuce  
Spaghetti Sauce  
Fruit/ 100% Fruit Juice  
Milk  
Alt- Deli Sandwich

**25**  
Hotdog Sandwich  
Baby Carrots  
Hashbrown  
HS- Cheez-its  
Fruit/ Milk  
Alt- Deli Sandwich

**26**  
Fajita Chicken  
Tortilla/ HS- Tortilla Chips  
Romaine Lettuce  
Refined Beans/ Black Beans  
Cheese & Salsa  
Fruit/ Milk  
Alt- Deli Sandwich

**27**  
Subway  
Toppings  
Corn  
Fruit  
Milk  
Alt- Deli Sandwich

**28**  
Waffles  
Sausage Link  
Carrots  
Yogurt  
Fresh Fruit  
Milk  
Alt- Deli Sandwich

**29**  
Pepperoni Pizza  
Iceberg Lettuce  
Fruit  
Sidekick  
Milk  
Alt- Hotdog Sandwich

**PLEASE NOTE: Menus are subject to change based on product availability**  
This institution is an equal opportunity provider.