

# SEPTEMBER 2021

## Manzanita Elementary School District

### LUNCH



**ALL KIDS EAT FOR FREE**  
\*\*Menu Subject to change



**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**

Chicken Nugget & Roll Fruit, Veggie, Milk	30	PB & J Cheese Stick Jungle Cracker Fruit, Veggie, Milk	31	Chicken & Cheese Quesadilla Fruit, Veggie, Milk	1	Sloppy Joes Baked Chips Fruit, Veggie, Milk	2	Pizza Sticks Fruit, Veggie, Milk	3
<b>NO SCHOOL</b>	6	Mac & Cheese Breadstick Fruit, Veggie, Milk	7	Brunch for Lunch Tator Tots Fruit, Veggie, Milk	8	Hot Dog w Chili Beans Fruit, Veggie, Milk	9	WG Pasta w/ Meat Sauce Breadstick Fruit, Veggie, Milk	10
Chicken Nugget & Roll Fruit, Veggie, Milk	13	Sandwich Goldfish Cracker Fruit, Veggie, Milk	14	Bean & Cheese Burrito W/ Rice Fruit, Veggie, Milk	15	Hamburger/Veggie Burger Baked Beans Fruit, Veggie, Milk	16	French Bread Pizza Fruit, Veggie, Milk	17
Chicken Corndog Baked Beans Fruit, Veggie, Milk	20	PB & J Cheese Stick Jungle Cracker Fruit, Veggie, Milk	21	Brunch for Lunch Tator Tots Fruit, Veggie, Milk	22	Grilled Cheese Sandwich w/ Fries Fruit, Veggie, Milk	23	W/G Pasta w/ Meat Sauce Bread stick Fruit, Veggie, Milk	24
Chicken Nugget & Roll Fruit, Veggie, Milk	27	Mandarin Chicken w/ Rice Fruit, Veggie, Milk	28	Beef Taco w/ Refried Beans & Chips Fruit, Veggie, Milk	29	Beef Ravioli w/ Bread stick Fruit, Veggie, Milk	30		