

# September 2022 Grab-N-Go Menu

| <u>Monday</u>                                                                                | <u>Tuesday</u>                                                                                                             | <u>Wednesday</u>                                                                              | <u>Thursday</u>                                                                                         | <u>Friday</u>                                |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------|
|             |                                                                                                                            |                                                                                               | 01)Chicken Fajita Wrap<br>Lettuce/Tomato/Cheese<br>Corn Salad<br>Cupped Salsa<br>Grain Chips/Fruit/Milk | 02)<br><br><b>NO<br/>GRAB-N-GO<br/>TODAY</b> |
| 05)<br><br><b>OUT OF<br/>SCHOOL</b>                                                          | 06)Make Your Own Pizza<br>Cupped Marinara Sauce<br>Cupped Cheese/Corn Salad<br>Broccoli w/Ranch<br>Grain Chips/Fruit/ Milk | 07)Grilled Chicken Salad<br>w/Ranch<br>String Cheese<br>Grain Chips<br>Fruit / Choice of Milk | 08)Chicken Fajita Wrap<br>Lettuce/Tomato/Cheese<br>Corn Salad<br>Cupped Salsa<br>Grain Chips/Fruit/Milk | 09)<br><br><b>NO<br/>GRAB-N-GO<br/>TODAY</b> |
| 12)<br>Soy Butter & Jelly<br>Sandwich / Hummus<br>Carrots w/Ranch<br>Grain Chips/Fruit/ Milk | 13)Make Your Own Pizza<br>Cupped Marinara Sauce<br>Cupped Cheese/Corn Salad<br>Broccoli w/Ranch<br>Grain Chips/Fruit/ Milk | 14)Grilled Chicken Salad<br>w/Ranch<br>String Cheese<br>Grain Chips<br>Fruit / Choice of Milk | 15)Chicken Fajita Wrap<br>Lettuce/Tomato/Cheese<br>Corn Salad<br>Cupped Salsa<br>Grain Chips/Fruit/Milk | 16)<br><br><b>NO<br/>GRAB-N-GO<br/>TODAY</b> |
| 19)<br>Soy Butter & Jelly<br>Sandwich / Hummus<br>Carrots w/Ranch<br>Grain Chips/Fruit/ Milk | 20)Make Your Own Pizza<br>Cupped Marinara Sauce<br>Cupped Cheese/Corn Salad<br>Broccoli w/Ranch<br>Grain Chips/Fruit/ Milk | 21)Grilled Chicken Salad<br>w/Ranch<br>String Cheese<br>Grain Chips<br>Fruit / Choice of Milk | 22)Chicken Fajita Wrap<br>Lettuce/Tomato/Cheese<br>Corn Salad<br>Cupped Salsa<br>Grain Chips/Fruit/Milk | 23)<br><br><b>NO<br/>GRAB-N-GO<br/>TODAY</b> |
| 26)<br>Soy Butter & Jelly<br>Sandwich / Hummus<br>Carrots w/Ranch<br>Grain Chips/Fruit/ Milk | 27)Make Your Own Pizza<br>Cupped Marinara Sauce<br>Cupped Cheese/Corn Salad<br>Broccoli w/Ranch<br>Grain Chips/Fruit/ Milk | 28)Grilled Chicken Salad<br>w/Ranch<br>String Cheese<br>Grain Chips<br>Fruit / Choice of Milk | 29)Chicken Fajita Wrap<br>Lettuce/Tomato/Cheese<br>Corn Salad<br>Cupped Salsa<br>Grain Chips/Fruit/Milk | 30)<br><br><b>NO<br/>GRAB-N-GO<br/>TODAY</b> |

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