

# SEPTEMBER 2022

# LYERLY ELEMENTARY SCHOOL

## LUNCH



**Cafeteria Manager: Jessica Cabe**

\*Menu is subject to change without notice depending on availability of products.



**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.

This institution is an equal opportunity provider.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Cheesy bites w/ marinara **1**  
OR Steak Sliders  
Pintos  
Mac & Cheese  
Fruit & Choice of Milk

Manwich OR **2**  
PB&J w/ string cheese  
Veggie Cup  
Goldfish Crackers  
Fruit & Choice of Milk

**Labor Day**  
**NO SCHOOL** **5**

Corndogs OR **6**  
Popcorn chicken w/ roll  
Green Beans  
Mashed Potatoes  
Fruit & Choice of Milk

Taco Pizza OR Burrito **7**  
Corn  
Veggie Cup  
Fruit  
Choice of Milk

BBQ Sandwich OR **8**  
Chicken Nuggets w/ roll  
Slaw  
Baked Beans  
Fruit & Choice of Milk

Hamburger OR Hotdog **9**  
Lettuce/Tomato/Pickle  
French Fries  
Fruit  
Choice of Milk

**NO SCHOOL** **12**

Steak Biscuit OR **13**  
Sausage Biscuit  
Tri-taters  
Gravy & Tomato Wedges  
Fruit & Choice of Milk

Beef Soft Taco OR **14**  
Chicken Soft Taco  
Lettuce/Tomato  
Corn  
Fruit & Choice of Milk

Cowboy Nachos OR **15**  
Popcorn chicken w/ roll  
Pintos  
Broccoli w/ cheese  
Fruit & Choice of Milk

Grilled Cheese OR **16**  
PB&J w/ string cheese  
Chips  
Carrots & Cucumber Salad  
Fruit & Choice of Milk

**NO SCHOOL** **19**

Pizza OR Mini Burgers **20**  
Green Beans  
Veggie Cups  
Fruit  
Choice of Milk

Taco Salad OR Burrito **21**  
Refried Beans  
Broccoli w/ cheese  
Fruit  
Choice of Milk

Steak Nuggets w/ Roll OR **22**  
Chicken Alfredo  
Pintos  
Corn  
Fruit & Choice of Milk

BBQ Sandwich OR **23**  
Hotdog  
Fries  
Slaw & Pickles  
Fruit & Choice of Milk

**NO SCHOOL** **26**

Hamburger OR **27**  
Chicken Sandwich  
Lettuce/Tomato/Onion  
Fries  
Fruit & Choice of Milk

Chicken Fajita OR **28**  
Beef Soft Taco  
Corn  
Broccoli w/ cheese  
Fruit & Choice of Milk

Chili Cheese Pie OR **29**  
Chicken nugget w/ roll  
Veggie Cup  
Creamed Potatoes  
Fruit & Choice of Milk

BBQ Sandwich OR **30**  
Fish w/ hushpuppies  
Slaw  
Baked Beans  
Fruit  
Choice of Milk