

# SEPTEMBER 2021

# LYERLY ELEMENTARY SCHOOL

# LUNCH



**Cafeteria Manager: Jessica Cabe**

**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.

*This institution is an equal opportunity provider.*



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Pizza OR  
Spaghetti w/ garlic bread  
Side Salad  
Veggie Cup  
Choice of Fruit  
Choice of Milk

Chicken Nuggets w/ Roll OR  
Steak Nuggets w/ Roll  
Pinto Beans  
Mac & Cheese  
Choice of Fruit  
Choice of Milk

Cheeseburger OR  
Chicken Sandwich  
Green Beans  
French Fries  
Choice of Fruit  
Choice of Milk

**Labor Day**

Chicken Fajita OR  
Soft Taco  
Lettuce/Tomato  
Refried Beans  
Choice of Fruit  
Choice of Milk

Cheese sticks w/ Marinara  
OR Chicken Alfredo  
Green Beans  
Veggie Cup  
Choice of Fruit  
Choice of Milk

Chicken Tender w/ Roll OR  
Steak Sliders  
Broccoli w/ Cheese  
Glazed Carrots  
Choice of Fruit  
Choice of Milk

BBQ Sandwich OR  
Hotdog  
Slaw  
Chips  
Choice of Fruit  
Choice of Milk

Chicken Nuggets w/ Roll OR  
Steak Nuggets w/ Roll  
Pinto Beans  
Mac & Cheese  
Choice of Fruit  
Choice of Milk

Taco Salad OR  
Burrito  
Corn  
Refried Beans  
Choice of Fruit  
Choice of Milk

Ham/Cheese Sandwich OR  
Turkey/Cheese Sandwich  
Lettuce/Tomato/Pickle  
Chips  
Choice of Fruit  
Choice of Milk

Pizza OR  
Spaghetti w/ Garlic Bread  
Side Salad  
Corn  
Choice of Fruit  
Choice of Milk

Chicken Littles OR  
Hamburger  
Baked Beans  
Veggie Cup  
Choice of Fruit  
Choice of Milk

Mini Corndogs OR  
Chicken Alfredo  
Broccoli w/ Cheese  
Glazed Carrots  
Choice of Fruit  
Choice of Milk

Cowboy Nachos OR  
Chicken Soft Taco  
Green Beans  
Corn  
Choice of Fruit  
Choice of Milk

Manwich OR  
Fish Sandwich  
Slaw  
French Fries  
Choice of Fruit  
Choice of Milk

Chicken Sandwich OR  
Hamburger  
Baked Beans  
Cucumber Salad  
Choice of Fruit  
Choice of Milk

Grilled Cheese Sandwich OR  
PB&J w/ Cheese Stick  
Chips  
Veggie Sticks  
Choice of Fruit  
Choice of Milk

BBQ Sandwich OR  
Hotdog  
Slaw  
Chips  
Choice of Fruit  
Choice of Milk

Pizza OR  
Spaghetti w/ Garlic Bread  
Side Salad  
Corn  
Choice of Fruit  
Choice of Milk

Chicken Nuggets w/ Roll  
OR Steak Nuggets w/ Roll  
Pinto Beans  
Mac & Cheese  
Choice of Fruit  
Choice of Milk

Cheeseburger OR  
Chicken Sandwich  
Green Beans  
French Fries  
Choice of Fruit  
Choice of Milk