

September 2020 SUMMERVILLE MIDDLE SCHOOL

LUNCH



Cafeteria Manager, Sherri Whitlock



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn. Reference: USDA MyPlate



USDA is an equal opportunity provider, employer, and lender.

Monday

Tuesday

Wednesday

Thursday

Friday

1

1
Hamburger
Fries
Lettuce/Tomato
Fruit
Choice of Milk

2
Chicken Nuggets
Roll
Green Beans
Cream Potatoes
Fruit
Choice of Milk

3
Grilled Cheese
Corn
Veggies
Fruit
Choice of Milk

4
Beefy Nachos
Lettuce/Tomato
Refried Beans
Fruit
Choice of Milk

7
Chicken Sandwich
Fries
Lettuce/Tomato
Fruit
Choice of Milk

8
Deli Sub Sandwich
Pasta Salad
Lettuce/Tomato
Fruit
Choice of Milk

9
Burrito
Rice
Veggies
Fruit
Choice of Milk

10
Salad Plate w/Crackers
Fruit
Choice of Milk

11
BBQ Sandwich
Carrots
Fries
Fruit
Choice of Milk

14
PB&J Sandwich
Chips
Veggies
Fruit
Choice of Milk

15
Chicken Fajita
Lettuce/Tomato
Rice
Fruit
Choice of Milk

16
Spaghetti w/ roll
Corn
Salad
Fruit
Choice of Milk

17
Pizza
Salad
Corn
Fruit
Choice of Milk

18
Corndog
Veggies
Fruit
Choice of Milk

21
Cheese sticks
Corn
Salad
Fruit
Choice of Milk

22
Chicken Casserole
Roll
Green Beans
Sweet Potatoes
Fruit
Choice of Milk

23
BBQ w/ baked potato
Salad
Fruit
Choice of Milk

24
Cheeseburger
Lettuce/Tomato
Tater Tots
Fruit
Choice of Milk

25
Chicken Nuggets
Cream Potatoes
Peas
Fruit
Choice of Milk

28
Hotdog
Fries
Veggies
Fruit
Choice of Milk

29
Hamburger
Lettuce/Tomato
French Fries
Fruit
Choice of Milk

30
Salad Plate w/ crackers
Fruit
Choice of Milk

