

SEPTEMBER | 2022



Jefferson & Kennedy Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 29 | 30 Chicken Patty on WG Bun Baked Beans Sliced Pears Goldfish Crackers Variety of Milk NO ALTERNATE | 31 Garlic Cheese Bread Green Beans Applesauce Variety of Milk NO ALTERNATE | 1 Ham & Cheese Sub Baby Carrots Fresh Apple Pretzel Twists Variety of Milk NO ALTERNATE | 2 NO SCHOOL |
| 5 NO SCHOOL LABOR DAY | 6 Mini Corn Dogs Seasoned Pasta Steamed Broccoli Strawberries Variety of Milk Alt: Yogurt Plate | 7 Bosco Cheese Filled Sticks Pizza Dipping Sauce Corn Sliced Peaches Variety of Milk Alt: Hot Dog on WG Bun | 8 Homemade Chicken N Noodles Sliced Carrots Applesauce Warm WG Biscuit Variety of Milk Alt: Chicken Nuggets | 9 Big Daddy's Cheese Pizza Fresh Celery & Carrots Fresh Fruit WG Rice Krispie Treat Variety of Milk Alt: Deli Sandwich on WG Bun |
| 12 Chicken Tenders Potato Rounds Sliced Carrots Mixed Fruit Variety of Milk Alt: Cheese Pizza | 13 Soft Shelled Tacos Shredded Romaine Shredded Cheese Refried Beans Banana Variety of Milk Alt: Yogurt Plate | 14 French Toast Sticks Sausage Warm Cinnamon Apple Slices 100% Fruit Juice Variety of Milk Alt: Hot Dog on WG Bun | 15 Chicken Drumstick Mashed Potatoes w/ Gravy Green Beans Pineapple Tidbits WG Dinner Roll Variety of Milk Alt: Chicken Nuggets | 16 ½ Day Sack Lunch Available! |
| 19 Popcorn Chicken Baked Fries Asparagus Diced Peaches Variety of Milk Alt: Cheese Pizza | 20 Chicken Quesadilla Fiesta Corn Diced Pears WG Breadstick Variety of Milk Alt: Yogurt Plate | 21 Cheeseburger on WG Bun Baked Beans Fresh Apple Slices Sun Chips Variety of Milk Alt: Hot Dog on WG Bun | 22 Homemade Macaroni & Cheese Steamed Peas Applesauce Pretzel Stick Variety of Milk Alt: Chicken Nuggets | 23 Three Meat Stromboli Pizza Dipping Sauce Fresh Celery & Carrots Mixed Fruit Vanilla Pudding Variety of Milk Alt: Deli Sandwich on WG Bun |
| 26 Chicken Smackers Sweet Potato Fries Mixed Vegetables Applesauce Variety of Milk Alt: Cheese Pizza | 27 Nacho Supreme Shredded Romaine Refried Beans Banana Variety of Milk Alt: Yogurt Plate | 28 Sausage Egg & Cheese Muffin Hashbrown Patty Blueberries Variety of Milk Alt: Hot Dog on WG Bun | 29 Italian Spaghetti Spinach Romaine Salad Sliced Peaches WG Garlic Toast Variety of Milk Alt: Chicken Nuggets | 30 Pizza Pocket Fresh Broccoli & Carrots Apple Slices WG Cookie Variety of Milk Alt: Deli Sandwich on WG Bun |

News

Paid Student - \$ 2.75
 Red. Student - \$.40
 Adult Price - \$ 5.11
 Milk - \$.50

Foodservice reserves the right to change the menu without notice

Questions concerning the menu please contact

Keri Carlson
 231-398-3695

kcarlson@manistee.org

Condiments may include:
 Low Fat/RC Ranch, RF
 French, Mustard, Ketchup,
 Relish, Tartar Sauce, or
 BBQ Sauce

Free and Reduced lunch applications may be filled out online at

www.lunchapp.com

This institution is an equal opportunity provider