

Common Ground High School

SEPTEMBER LUNCH

2018

Jul 20, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 3 LABOR DAY	Sep - 4 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CELERY STICKS* *CARROT STICKS*	Sep - 5 *STEAK & CHEESE WRAPS *HUMMUS WRAP* *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CARROT STICKS* *CELERY STICKS*	Sep - 6 SW TURKEY BURGERS VEGGIE BURGER W/BUN PASTA SALAD MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR	Sep - 7 SAUSAGE AND PEPPER SUB* *HUMMUS WRAP* BAKED BEANS (VEGETARIAN) MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES
Sep - 10 GRILL CHICKEN CAESAR SAL VEGGIE CHICKEN CAESAR SALAD *CONFETTI CORN SALAD* *CIABATTA ROLLS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES SALAD DRESSING *CELERY STICKS* *CARROT STICKS*	Sep - 11 PULLED TURKEY SANDWICHES PULLED "VEGGIE" BBQ HERB ROASTED POTATOES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES	Sep - 12 *BUFFALO CHICKEN WRAPS* VEGGIE BURGER W/BUN *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* STRING CHEESE *CARROT STICKS* *CELERY STICKS*	Sep - 13 SLOPPY JOE ON A ROLL Vegetarian Sloppy Joes RICE,Brown,cooked, Cooks MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES *CARROT STICKS* *CELERY STICKS* STRING CHEESE	Sep - 14 MACARONI AND CHEESE/B* *CIABATTA ROLLS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES PASTA FAGIOLI

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 17 NACHOS WITH GROUND BEEF NACHO CHEESE SAUCE MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES CHILI CON CARNE W/ BEANS TORTILLA CHIPS* SOUR CREAM FAT FREE SALSA *CARROT STICKS* *CELERY STICKS*	Sep - 18 SPAGHETTI AND MEAT SAUCE VEGGIE SPAGHETTI* *CIABATTA ROLLS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES PARMESAN CHEESE *CARROT STICKS* *CELERY STICKS*	Sep - 19 PORK CHOPS WITH APPLE JUICE *CIABATTA ROLLS VEGGIE BURGER W/BUN *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* STRING CHEESE *CARROT STICKS* *CELERY STICKS*	Sep - 20 BAKED CHICKEN VEGGIE CHICKEN CUTLETTTE RICE,Brown,cooked, Cooks MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES	Sep - 21 PEPPERONI SPAGHETTI* VEGGIE SPAGHETTI* *CIABATTA ROLLS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES
Sep - 24 *CHICKEN SALAD SANDWICH* *GRILLED CHEESE SANDWICH* POTATO PUFFS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES	Sep - 25 MEATBALL SUB* MEATLESS "MEATBALLS" SUB* TORTELLINI PRIMAVERA MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES	Sep - 26 *HAMBURGER ON A BUN VEGGIE BURGER W/BUN *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CARROT STICKS* *CELERY STICKS*	Sep - 27 *FISH TACOS* VEGGIE "CHICKEN" TACOS POTATO PUFFS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES	Sep - 28 *CHEF SALAD W/SPINACH* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALAD BAR MIXED GARDEN VEGGIES *CIABATTA ROLLS *CARROT STICKS* *CELERY STICKS* *CUCUMBER SALAD w VINEGAR

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