

LUNCH

Mt. Brook Elementary Schools

September

*Lunch items served in a to-go container
 **Low-fat milk or 8 OZ bottled water with each meal

Monday



Tuesday

Wednesday

Thursday

Friday

Cheese Pizza **1**
 Baby Carrots with Hummus
 Fruit Snack
 Fruit

Chicken Bites **2**
 Dinner Roll
 Macaroni & Cheese
 Fruit

Cheese Quesadilla **3**
 Potato Wedges
 Fresh Broccoli with Ranch
 Fruit

All-Beef Hot Dog **4**
 Baked Cheetos
 Veggie Dippers with Ranch
 Fruit



Hamburger **8**
 Baked Dorito Chips
 Baby Carrots with Hummus
 Fruit

Chicken Tenders **9**
 Dinner Roll
 Mashed Potatoes
 Fruit

Crispitos **10**
 Tortilla Chips & Cheese Dip
 Seasoned Corn
 Fruit

Breaded Chicken **11**
 Sandwich
 Baked SunChips
 Veggie Dippers with Ranch
 Fruit

Turkey & Cheese **14**
 Wrap
 Baked Cheez-Its
 Applesauce Cup
 Mini Rice Krispy Treats

Cheese Pizza **15**
 Baby Carrots with Hummus
 Fruit Snack
 Fruit

Chicken Bites **16**
 Dinner Roll
 Macaroni & Cheese
 Fruit

Cheese Quesadilla **17**
 Potato Wedges
 Fresh Broccoli with Ranch
 Fruit

All-Beef Hot Dog **18**
 Baked Cheetos
 Veggie Dippers with Ranch
 Fruit

Cheese Sticks with **21**
 Marinara
 Steamed Broccoli
 Applesauce Cup
 Mini Rice Krispy Treats

Hamburger **22**
 Baked Dorito Chips
 Baby Carrots with Hummus
 Fruit

Chicken Tenders **23**
 Dinner Roll
 Mashed Potatoes
 Fruit

Crispitos **24**
 Tortilla Chips & Cheese Dip
 Seasoned Corn
 Fruit

Breaded Chicken **25**
 Sandwich
 Baked SunChips
 Veggie Dippers with Ranch
 Fruit

Turkey & Cheese **28**
 Wrap
 Baked Cheez-Its
 Applesauce Cup
 Mini Rice Krispy Treats

Cheese Pizza **29**
 Baby Carrots with Hummus
 Fruit Snack
 Fruit

Chicken Bites **30**
 Dinner Roll
 Macaroni & Cheese
 Fruit

