

September 2021  
MA Region Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
		<b>Whole Grain Chicken Nuggets</b> Whole Grain Roll (9-12 ONLY) Stir Fry Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk O: 3/4 cup OR 1 cup	<b>Vegetable Pasta Salad</b> with Cheese & Fresh Vegetables  Assorted Fruit Skim/1% Milk	<b>Pizza</b> Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
6	7	8	9	10
<b>HOLIDAY</b>	<b>Chicken &amp; Broccoli Pasta Bake</b> Glazed Carrots (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	<b>Turkey Cheese Roll Up</b> Cucumbers (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Lemon Chicken with Carrots</b> Seasoned Broccoli (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Beef Hot Dog</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
13	14	15	16	17
<b>Beef Hamburger</b> Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chicken Salad Sandwich</b> Steamed Corn (K-8: 1/2 cup; 9-12: 3/4 cup) Assorted Fruit Skim/1% Milk	<b>Whole Grain Chicken Nuggets</b> Whole Grain Roll (9-12 ONLY) Stir Fry Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chili Mac &amp; Cheese</b>  Assorted Fruit Skim/1% Milk	<b>Pizza</b> Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
20	21	22	23	24
<b>Beef Hot Dog</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chicken &amp; Broccoli Pasta Bake</b> Glazed Carrots (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	<b>Turkey Cheese Roll Up</b> Cucumbers (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Lemon Chicken with Carrots</b> Seasoned Broccoli (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chipotle Chicken Salad</b> with WG Croutons, Black Beans, Corn, Cheese Tomato Salsa Assorted Fruit Skim/1% Milk
27	28	29	30	1
<b>Beef Hamburger</b> Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chicken Salad Sandwich</b> Steamed Corn (K-8: 1/2 cup; 9-12: 3/4 cup) Assorted Fruit Skim/1% Milk	<b>Whole Grain Chicken Nuggets</b> Whole Grain Roll (9-12 ONLY) Stir Fry Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chili Mac &amp; Cheese</b>  Assorted Fruit Skim/1% Milk	<b>OFFERED DAILY:</b> Chef Salad / Chicken Caesar Salad Sunbutter & Jelly Sandwich

This institution is an equal opportunity provider.

NOTE: Menu subject to change