

# September 2020 Lunch Menu - WMS & CHS

Lunch is FREE to all WMS & CHS students

Monday	Tuesday	Wednesday	Thursday	Friday
7 Labor Day No School	8 Chicken patty on a whole grain bun Fresh broccoli Green beans Fruit cocktail Milk  Alt: bratwurst on a whole grain bun	9 Vollwerth hotdog Whole grain bun Baby carrots Fresh cauliflower Peaches Milk  Alt:hamburger on a whole grain bun	10 Calzones Grape tomatoes Cucumber slices Mandarin Oranges Milk  Alt: pizza burger on whole grain bun	11 Chicken quesadilla Tortilla chips Salsa Rainbow sweet peppers Pears Milk  Alt:Papa Murphy's pizza
14  Chicken strips Baby carrots Celery sticks Peaches Milk  Alt: turkey & cheese on whole grain bun	15  Bosco sticks Marinara cups Steamed broccoli Pears Milk  Alt: sausage pizza	16  Cheeseburger on whole grain bun Cucumber slices Grape tomatoes Fruit cocktail Milk  Alt: chili wrap	17  Chicken patty on whole grain bun Steamed cauliflower Pineapple Milk  Alt: beef taco pizza	18  Papa Murphy's pizza Fresh broccoli Baby carrots Mandarin oranges Milk  Alt: ham & cheese on whole grain bun
21  Chicken quesadilla Tortilla chips salsa Rainbow sweet peppers Pears Milk  Alt:chili wrap	22  French bread pizza Diced carrots Whole grain roll Pineapple Milk  Alt: corn dog	23  Chicken patty on whole grain bun Fresh broccoli & cauliflower Applesauce cups Milk  Alt: turkey & cheese on whole grain bread	24  Calzones Grape tomatoes Cucumber slices Mandarin oranges Milk  Alt: ham & cheese on whole grain bun	25  Grilled cheese sandwich Soft pretzels Fresh broccoli and cauliflower Peaches Milk  Alt: Papa Murphy's pizza
28  Chicken patty on whole grain bun Fresh broccoli & cauliflower Applesauce cups Milk  Alt: turkey & cheese on whole grain bread	29  Breaded Pork patty Mashed potatoes and gravy Green bean medley Pineapple Whole grain roll Milk  Alt: cheeseburger on whole grain bun	30  Little Caesar's Pizza Rainbow sweet peppers Pears Milk  Alt:chili wrap	10/1  Chicken strips Baby carrots Celery sticks Peaches Milk  Alt: turkey & cheese on whole grain bun	10/2  Calzones Grape tomatoes Cucumber slices Fresh apples Milk  Alt: Papa Murphy's pizza
10/5  Pepperoni pizza Red pepper strips Baby carrots Pears Milk  Alt: beef taco pizza	10/6  Orange Chicken Brown rice Steamed Broccoli Mandarin Oranges Milk  Alt: corn dog or Egg Rolls	10/7  Cheeseburger Whole grain bun French Fries Green beans Pears Milk  Alt: hot dogs on whole grain bun	10/8  Papa Murphy's pizza Romaine & Spinach Grape tomatoes Cucumber slices Peaches Milk  Alt: grilled cheese sandwich	10/9  No school for students

