


September 2022

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Welcome Back! DAILY LUNCHES ARE \$3.00. Extra menu items are \$1.00 each. A Large Water is \$1.00 and small water is \$.50 unless you have a doctor's note and small water is free with lunch. Snacks are \$.75 each. Prepaid lunch balance or cash can be used to purchase lunch, snacks and extras. Please contact me at kwheeler@gofhschool.org with any questions.</p>		
5 LABOR DAY	6 1-Chicken Nuggets 2-Mozzarella Stix w/ sauce Dinner Rolls Green Beans Fruit Choice Milk	7 1-Chicken Patty 2-Grilled Cheese Tomato Soup Corn Fruit Choice Milk	8 1-Bacon Cheese Burger 2-Hot Dog French Fries Romaine Salad Fruit Choice Milk	9 1-Stuffed Crust Pizza 2-Pizza Crunchers w/ sauce Carrot Stix Fruit Choice Milk
12 1-Chicken Tenders 2-Mac and Cheese Dinner Roll Green Beans Fruit Choice Milk	13 1-Taco in the Bag 2-Burrito/Rice 3-Hot Dog Corn Fruit Choice Milk	14 1-French Toast Stix 2-Pancakes Sausage w/syrup Tater Tots Fruit Choice Milk	15 1-Chicken Patty 2-Bacon Cheese Burger Bush's Baked Beans Fruit Choice Milk	16 1-Stuffed Crust Pizza 2-Pizza Sub Carrot Stix Fruit Choice Milk
19 1-Popcorn Chicken 2-Hot Dog Dinner Roll Green Beans Fruit Choice Milk	20 1-Chicken Patty 2-Grilled Cheese Tomato Soup Corn Fruit Choice Milk	21 1-Curly Noodles w/sauce 2-Meatball Sub Meatballs Romaine Salad Fruit Choice Milk	22 1-Soft Pretzel w/cheese 2-Corn Dog Baked Potato Broccoli Fruit Choice Milk	23 1-Stuffed Crust Pizza 2-Pizza Crunchers w/sauce Carrot Stix Fruit Choice Milk
26 1-Chicken Nuggets 2-Mozzarella Stix w/sauce Dinner Roll Sweet Potato Fruit Choice Milk	27 1-Taco in the Bag 2-Burrito/Rice 3-Hot Dog Corn Fruit Choice Milk	28 1-Waffles 2-Pancakes Sausage w/syrup Tater Tots Fruit Choice Milk	29 1-Chicken Patty 2-Grilled Cheese Tomato Soup Green Beans Fruit Choice Milk	30 NO SCHOOL STAFF DEVELOPMENT DAY

Peanut Butter and Jelly Uncrustable or Salad available daily. Low fat white, chocolate milk included daily in every meal. Substitutions available for milk allergic children with proper documentation. Menu subject to change; notice will be given when possible. This institution is an equal opportunity provider and employer. Daily Lunches are \$3.00. Extras are \$1.00.