

September 2017

Nemaha Central School

LUNCH



School Information: Garden bar served daily at the High School



In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability. Department of Agriculture, Washington D.C. 20250



Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Rib / Wheat Bun **1**
Sweet Potato Tots
Steamed Broccoli
Apple
Low Fat Milk Choices

No School
Labor Day **4**

Chicken Quesadilla **5**
Tater Tots
Pinto Beans
Rosy Applesauce
Low Fat Milk Choices

Mac & Cheese **6**
Little Smokies
Steamed Carrots
Apple / Red Peppers
Low Fat Milk Choices

Chef Salad **7**
Chilled Peaches
Oatmeal Cookie
Sliced Tomatoes
Bread Stick
Low Fat Milk Choices

Beef & Noodles **8**
Mashed Potatoes
Steamed Broccoli
Pear Crisp / Wheat Roll
Low Fat Milk Choices

Meatball Sub Sandwich **11**
Corn
Tri Tater
Orange Wedges
Low Fat Milk Choices

Chicken & Rice **12**
Green Beans
Red Peppers / Cucumbers
Strawberry Fruit cup
Wheat Roll
Low Fat Milk Choices

Spaghetti **13**
Tossed Salad
Apple
Garlic Bread
Low Fat Milk Choices

Hot Ham & Cheese / Bun **14**
Baby Carrots
Baked Beans
Pineapple & Mand. Oranges
Low Fat Milk Choices

Salisbury Steak **15**
Potatoes & Gravy
Steamed Broccoli
Diced Peaches
Oatmeal Roll
Low Fat Milk Choices

No School **18**

Burrito **19**
Spanish Rice
Pinto Beans
Fresh Grapes
Low Fat Milk Choices

Chicken Tetrizzini **20**
Peas / Baby Carrots
Diced Pears
Wheat Roll
Low Fat Milk Choices

Stromboli **21**
Mashed Potatoes
Green Beans
Banana
Low Fat Milk Choices

Meatloaf **22**
Baked Potato
Corn / Oatmeal Roll
Rosy Applesauce
Low Fat Milk Choices

Cheese Pizza **25**
Steamed Broccoli
Red Pepper Strips
Diced Peaches / C.C. Cookie
Low Fat Milk Choices

Chicken Strip Wrap **26**
Hash Brown
Romaine / Diced Tomatoes
Fresh Grapes
Low Fat Milk Choices

Cheeseburger / Bun **27**
Tater Tots
Hamb. Fixins
Green Beans
Diced Pears
Low Fat Milk Choices

Corn Dog **28**
Garden Salad
Tri Tater
Strawberries & Bananas
Low Fat Milk Choices

Chili / Crackers **29**
Baby Carrots / Celery Sticks
Applesauce
Cinnamon Roll
Low Fat Milk Choices