

SEPTEMBER | 2019



PIQUA HIGH SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 2 NO SCHOOL | 3 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Fresh Apple Slices (18) Peaches (14) | 4 Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Strawberries (22) Pears (16) | 5 Cheese Quesadilla (40) Sloppy Joe (31) Glazed Carrots (16) Corn (16) Grapes (16) Jello w/ Fruit (23) | 6 East of Chicago (42) Pulled Pork Sand. (26) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Fresh Banana (27) Mandarin Oranges (20) |
| 9 Dorito Walking Taco (28) Meat & Cheese (3) Chicken Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14) | 10 Hot Ham & Cheese (25) BBQ Chicken Sand (25) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Fresh Apple Slices (18) Peaches (14) | 11 Cheese Garlic Bread (22) Marinara Sauce (6) Chicken Bacon Ranch Flatbread Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Strawberries (22) Pears (16) | 12 Chicken & Waffles (34) French Toast & Sausage (23) Syrup Cup (29) Tater Rounds (14) Glazed Carrots (16) Grapes (16) Orange Juice (19) | 13 East of Chicago (42) Chicken Fingers (13) w/ Dinner Roll (15) Baby Carrots (12) w/Ranch (5) California Blend (5) Fresh Banana (27) Mandarin Oranges (20) |
| 16 Mini Corn Dogs (20) Cheeseburger (25) Baby Carrots (12) w/ Ranch (5) Baked Beans (36) Fresh Oranges (21) Applesauce (14) | 17 Spaghetti (34) w/ BBQ Rib w/ Pickle (33) Salad (4) w/ French (6) or Ranch (5) Green beans (4) Fresh Apple Slices (18) Peaches (14) | 18 Grilled Cheese (31) Chicken Patty (34) Tomato Soup (20) Steamed Broccoli (2) Strawberries (22) Pears (16) | 19 Roasted Chicken (0) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Glazed Carrots (16) Grapes (16) Pineapple (20) | 20 East of Chicago (42) Shredded BBQ (30) Celery (2) w/ Peanut butter cup (8) Corn (16) Fresh Banana (27) Mandarin Oranges (20) |
| 23 Mac & Cheese (28) Fish Sticks (22) Dinner Roll (15) Potato Wedges (7) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14) | 24 Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Apple Slices (18) Peaches (14) | 25 General Tso Chicken (25) w/ Rice (15) Popcorn Chicken (20) w/ Dinner Roll (15) French Fries (14) Steamed Broccoli (2) Strawberries (22) Pears (16) | 26 Ravioli (28) Chicken Alfredo (41) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Grapes (16) Pineapple (20) | 27 East of Chicago (42) Pulled Pork Sand. (26) Peas (11) Baby Carrots (12) w/ Ranch (5) Fresh Banana (27) Mandarin Oranges (20) |
| 30 Coney Dog (2) w/ Cheese (0) Bun (21) Chicken Patty (28) Baked Beans (36) Baby Carrots (12) w/ Ranch (5) Fresh Oranges (21) Applesauce (14) | 1 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Fresh Apple Slices (18) Peaches (14) | 2 Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Strawberries (22) Pears (16) | 3 Buffalo Chicken & Chips (47) Cheese Quesadilla (40) Glazed Carrots (16) Corn (16) Grapes (16) Pineapple (20) | 4 East of Chicago (42) Pulled Pork Sand. (26) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Fresh Banana (27) Mandarin Oranges (20) |

Fruit & Vegetables

You **MAY** take 2
Fruits and 2
Vegetables with your meal
But it is
REQUIRED that
You take at least 1 of one or
the other

To count as a
Reimbursable
School meal

All lunches come
With low-fat
Or no fat Milk

Other Choices

Chicken Patty Sandwich (28)
Cheeseburger (26)
Cheese Sticks (30)
Spicy Chicken Sandwich (28)
School Pizza (33)
Salads (15)
PB&J w/ Yogurt (44)
(##) is Carb count