

# SEPTEMBER | 2019



## PIQUA Jr HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Cheese Quesadilla (40) Sloppy Joe (31) Glazed Carrots (16) Corn (16)	<b>3</b> Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Fresh Apple Slices (18) Peaches (14)	<b>4</b> Cheese Quesadilla (40) Sloppy Joe (31) Glazed Carrots (16) Corn (16) Strawberries (22) Pears (16)	<b>5</b> Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Grapes (16) Pineapple (20)	<b>6</b> Big Daddy's Pizza (34) Pulled Pork Sand. (26) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Fresh Banana (27) Mandarin Oranges (20)
<b>9</b> Dorito Walking Taco (28) Meat & Cheese (3) Chicken Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14)	<b>10</b> Hot Ham & Cheese (25) BBQ Chicken Sand (25) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Fresh Apple Slices (18) Peaches (14)	<b>11</b> 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)	<b>12</b> Chicken & Waffles (34) French Toast & Sausage (23) Syrup Cup (29) Tater Rounds (14) Glazed Carrots (16) Grapes (16) Orange Juice (19)	<b>13</b> 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)
<b>16</b> Mini Corn Dogs (20) Cheeseburger (25) Baby Carrots (12) w/ Ranch (5) Baked Beans (36) Fresh Oranges (21) Applesauce (14)	<b>17</b> 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)	<b>18</b> Grilled Cheese (31) Chicken Patty (34) Tomato Soup (20) Steamed Broccoli (2) Strawberries (22) Pears (16)	<b>19</b> Roasted Chicken (0) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Glazed Carrots (16) Grapes (16) Pineapple (20)	<b>20</b> Big Daddy's Pizza (34) Shredded BBQ (30) Celery (2) w/ Peanut butter cup (8) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
<b>23</b> Mac & Cheese (28) Fish Sticks (22) Dinner Roll (15) Potato Wedges (7) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14)	<b>24</b> Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Apple Slices (18) Peaches (14)	<b>25</b> General Tso Chicken (25) w/ Rice (15) Popcorn Chicken (20) w/ Dinner Roll (15) French Fries (14) Steamed Broccoli (2) Strawberries (22) Pears (16)	<b>26</b> Ravioli (28) Chicken Alfredo (41) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Grapes (16) Pineapple (20)	<b>27</b> East of Chicago (42) Pulled Pork Sand. (26) Peas (11) Baby Carrots (12) w/ Ranch (5) Fresh Banana (27) Mandarin Oranges (20)
<b>30</b> 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)	<b>1</b> Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Fresh Apple Slices (18) Peaches (14)	<b>2</b> Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Strawberries (22) Pears (16)	<b>3</b> Buffalo Chicken & Chips (47) Cheese Quesadilla (40) Glazed Carrots (16) Corn (16) Grapes (16) Jello w/ Fruit (23)	<b>4</b> Big Daddy's Pizza (34) Pulled Pork Sand. (26) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Fresh Banana (27) Mandarin Oranges (20)

### Fruit & Vegetables

*You MAY take 1  
Fruit choice 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*

*All grains served  
Are  
Whole grain  
Enriched*

*Milk is ALWAYS .50  
Unless it is with a meal*

*(##) is Carb count*