



# September 2023

## Middle & High School Lunch

# LUNCH MENU

**STRONG BODY ~ STRONG MIND**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>All Students Eat Breakfast &amp; Lunch Free!</b></p> <p><b>2<sup>nd</sup> Meals or Snacks are extra please make payments online</b></p> <p><b>Everyday:</b></p> <ul style="list-style-type: none"> <li>-Pizza</li> <li>-Made to order Subs</li> <li>-Chicken Patty</li> <li>-Spicy Patty</li> <li>-Chicken Nuggets</li> <li>-Cheeseburger</li> <li>-Hot Dog</li> <li>-Pizza Sticks</li> <li>-Pre-made Salads</li> <li>-Parfaits</li> </ul> <p><b>Menu Subject to Change</b></p>
<p><b><u>Welcome Back!!</u></b> All Students eat Free Breakfast &amp; Lunch all Year</p>		<p>August 30 <b><u>Crispy Nachos W/Beef, Cheese &amp; Salsa</u></b> Black Bean Carrot or Celery Sticks Chilled Pears or Peaches Ice Cold Milk</p>	<p>August 31 <b><u>Double Bacon Cheeseburger</u></b> Oven Baked Fries Cherry Tomatoes Carrot/Celery Sticks Fresh Pineapple Fresh Fruit Cup Ice Cold Milk</p>	<p>1 <b>No School</b></p>	
<p>4 <b>Labor Day</b></p>	<p>5 <b><u>French Toast W/Syrup &amp; Chicken Sausage</u></b> Potato Puffs Carrot/Celery Sticks Juicy Grapes Ice Cold Milk</p>	<p>6 <b><u>Buffalo Chicken Mac &amp; Cheese</u></b> Steamed Carrots Carrot or Celery Sticks Fresh Melon Chilled Pears or Peaches Ice Cold Milk</p>	<p>7 <b><u>Hard Shell Beef Tacos W/all the fixings</u></b> Black Beans Carrot/Celery Sticks Strawberry Slices Ice Cold Milk</p>	<p>8 <b><u>Chicken Finger Sub W/Melted Mozzarella</u></b> Cucumber Slices Carrot/Celery Sticks Apple Slices Fresh Fruit Cup Ice Cold Milk</p>	
<p>11 <b><u>Popcorn Chicken Bowl W/Mash Potato, Corn, Gravy &amp; Cheddar Cheese</u></b> Carrot/Celery Sticks Strawberry Slices Ice Cold Milk</p>	<p>12 <b><u>Steak and Cheese Sub</u></b> Baked Puffs Carrot/Celery Sticks Juicy Plum Ice Cold Milk</p>	<p>13 <b><u>New Item!! Nacho Tator Tot Nacho Beef W/Cheese Sauce &amp; Puffs</u></b> Black Bean Carrot or Celery Sticks Chilled Pears or Peaches Ice Cold Milk</p>	<p>14 <b><u>Pasta W/Meatballs &amp; Marinara Sauce</u></b> Garden Salad Carrot/Celery Sticks Sliced Peaches Juicy Grapes Ice Cold Milk</p>	<p>15 <b><u>Oven Baked Mozzarella Sticks W/Marinara</u></b> Sweet Corn Carrot/Celery Sticks Orange Smiles Ice Cold Milk</p>	
<p>18 <b><u>Grilled Cheese &amp; Chicken Noodle Soup</u></b> Sweet Red Pepper Strips Carrot/Celery Sticks Apple Slices Ice Cold Milk</p>	<p>19 <b><u>Boneless Buffalo Chicken Wings</u></b> Potato Puffs Carrot/Celery Sticks Juicy Grapes Ice Cold Milk</p>	<p>20 <b><u>Meatball Sub W/Melted Mozzarella</u></b> Garbanzo Beans Potato Puffs Carrot or Celery Sticks Chilled Pears or Peaches Ice Cold Milk</p>	<p>21 <b><u>Oven Roasted BBQ Chicken</u></b> Creamy Mash Potato Steamed Carrots Carrot/Celery Sticks Juicy Grapes Ice Cold Milk</p>	<p>22 <b><u>Backyard Burger</u></b> Burger W/Cheddar Cheese, Spiral Fries and BBQ sauce Carrot/Celery Sticks Sliced Peaches Juicy Grapes Ice Cold Milk</p>	
<p>26 <b><u>Double Bacon Cheeseburger</u></b> Cherry Tomatoes Carrot/Celery Sticks Watermelon Ice Cold Milk</p>	<p>27 <b><u>Waffles W/Syrup &amp; Chicken Sausage</u></b> Potato Puffs Carrot/Celery Sticks Juicy Grapes Ice Cold Milk</p>	<p>28 <b><u>Crispy Nachos W/Beef, Cheese &amp; Salsa</u></b> Black Bean Carrot or Celery Sticks Chilled Pears or Peaches Ice Cold Milk</p>	<p>29 <b><u>New Item!! Chicken Dumplings W/Rice</u></b> Garden Salad Carrot/Celery Sticks Sliced Peaches Juicy Grapes Ice Cold Milk</p>	<p>30 <b><u>Steak and Cheese Sub</u></b> Baked Puffs Carrot/Celery Sticks Juicy Plum Ice Cold Milk</p>	

**ONLINE APPLICATION AVAIABLE AT [WWW.STONEHAMSCHOOLS.ORG](http://WWW.STONEHAMSCHOOLS.ORG)**

**All Students Eat Breakfast & Lunch Free**

Every meal comes complete with fruit, veggies, and milk. We offer Skim Chocolate & 1% White

This institution is an equal opportunity provider.

Menus are subject to change without notice.

