

**LUNCH**

Lunch: \$2.50  
Reduced: \$0.40

# SEPTEMBER 2020

## Parker Middle School Menu

Choice of 3 Meal options daily  
Meals include: Entrée,  
Vegetable, Fruit, Milk:  
Main Entrée Meal  
Smuckers Meal

Salad Meal – Caesar Salad offered M/W/F. Chef Salad offered Tu/Th  
\*\*ORDER MUST BE ORDERED AHEAD ON THE SCHOOL CAFÉ APP

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menu subject to availability and there may be substitutions*</p>	<p>1 Italian Dunkers Marinara Sauce Chef's Choice Veggie Juice</p>	<p>2 Chicken Fritter on Whole Wheat Bun French Fries Chef's Choice Veggie Fruit Cup</p>	<p>3 Walking Tacos Fruit Churros Chef's Choice Veggie Juice</p>	<p>4 PIZZA for ALL Side Salad Fresh Fruit Cookie</p>
<p>7  HAPPY LABOR DAY</p>	<p>8 Cheeseburger on Bun Toppings Potato Wedges Veggie Juice</p>	<p>9 Chicken Tenders Soft Pretzel w/ cheese sauce Fruit &amp; Veggie</p>	<p>10 Ham &amp; Cheese Pretzel Chef's Choice Veggie Crinkle Cut Fries Juice</p>	<p>11 3 Cheese Calzone Side Salad Apple Slices Cookie</p>
<p>14 Asian Chicken Soft Pretzel Side Salad Side Kicks Fruit Cup</p>	<p>15 Italian Dunkers Marinara Sauce Chef's Choice Veggie Juice</p>	<p>16 Chicken Fritter on Whole Wheat Bun French Fries Chef's Choice Veggie Fruit Cup</p>	<p>17 Walking Tacos Fruit Churros Chef's Choice Veggie Juice</p>	<p>18 PIZZA for ALL Side Salad Fresh Fruit Cookie</p>
<p>21 Chicken Strips/Sauce Mini Corn Bread Muffin Potato Wedges Side Salad Fresh Fruit</p>	<p>22 Cheeseburger on Bun Toppings Potato Wedges Veggie Juice</p>	<p>23 Chicken Tenders Soft Pretzel w/ cheese sauce Fruit &amp; Veggie</p>	<p>24 Ham &amp; Cheese Pretzel Chef's Choice Veggie Crinkle Cut Fries Juice</p>	<p>25 3 Cheese Calzone Side Salad Apple Slices Cookie</p>
<p>28 Asian Chicken Soft Pretzel Side Salad Side Kicks Fruit Cup</p>	<p>29 Italian Dunkers Marinara Sauce Chef's Choice Veggie Juice</p>	<p>30 Chicken Fritter on Whole Wheat Bun French Fries Chef's Choice Veggie Fruit Cup</p>		

Heating Instructions – All food is fully cooked and should be eaten 1-2 days after receiving. Refrigerate until ready to eat. Heat and eat immediately.  
Oven – If in aluminum foil, leave it in foil. Otherwise place in an oven safe tray/container. Heat at 350. 10-15 minutes until Hot.  
Microwave – REMOVE ALUMIMUN FOIL or take out of container. Place on Microwave Safe dish and heat on 30 second intervals until Hot.