

SEPTEMBER 2023

JWPMS

LUNCH



Lunch \$3.50
Reduce \$0.40
Adult \$4.75



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

4

Loaded Fries
Corn
Mandarin Oranges

5

Ham & Cheese
Sandwich
Vegetable Blend
Potato Wedges
Apple Slices

6

Chicken Noodle Soup
Soft Pretzel Peas
Peaches

7

Corn Dog
Side Salad
Broccoli
Pears

8

Chicken Sandwich
Green Beans
fruit

11

Pancake Sausage
Roasted Potatoes
Mandarin Oranges

12

Walking Tacos
Mixed Vegetables
Apple Sauce
Churros

13

Popcorn Chicken Bowl
Fruit cup

14

Cheese Calzone
Peas
Fruit

15

Goulash
Mixed Vegetables
applesauce

18

Mac & Cheese
Dinner Roll
Winter Blend Veggies
Mandarin Oranges

19

Spaghetti w/meat sauce
Breadstick
Seasoned Vegetables
Applesauce

20

Chicken Quesadilla
Seasoned Corn Fruit
Cup Fruit Churro

21

Chicken Tenders
Fries
Carrots
Fruit Cup

22

Hot Dog w/Toppings
Baked Beans
Pineapple cup

25

General Tso's Chicken
Rice Spinach Salad
Cooked Broccoli
Sidekicks Fruit Cup

26

Meatball Sub
Seasoned Vegetables
Applesauce

27

Cheeseburger
Vegetables
Fries
Peaches

28

Chicken Sandwich
Mixed Vegetables
Sliced apples

29