

SEPTEMBER 2023

Edinboro-McKean Elementary

LUNCH



Lunch \$3.00
 Reduce \$0.30
 Adult \$3.25



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



Chicken Fritter Sandwich 1
Buttered Peas
Apple Slices
Milk

Labor Day 4

Cheeseburger 5
Crinkle Cut Fries
Peaches
Fruit Juice
Milk

French Toast Sticks 6
Sausage
Roasted Potatoes
Orange Slices
Milk

Chicken Tenders 7
Dinner Roll
Cooked Carrots
Fruit Juice
Milk

Breaded Cheese Stick w/ Marinara Sauce 8
Seasoned Vegetables
Peaches
Milk

Grilled Cheese 11
Tomato Soup
Tater Tots
Applesauce
Milk

Walking Taco 12
Corn
Sliced Apples
Fruit Juice
Milk

Chicken Nuggets 13
Corn
Dinner Roll
Baked Apple Slices
Milk

Waffles 14
Tater Tots
Cooked Carrots
Pears
Fruit Juice & Milk

Pizza 15
Green Beans
Apple Sauce
Milk

Hot Dog 18
Baked Beans
Pineapple Tidbits
Milk

Chicken Sandwich 19
Broccoli
Fries
Peaches
Milk

Ham & Cheese Sandwich 20
Buttered Peas
Mandarin Oranges
Milk

Popcorn Chicken Bowl 21
Sidekicks Fruit Cup & Milk

Italian Dunkers w/Dipping Sauce 22
Side Salad
Mixed Fruit
Milk

Chefs Choice Soup 25
Diced Carrots
Soft Pretzel w/Cheese
Apple Sauce
Milk

Cheese Calzone 26
Cooked Cauliflower
Pears
Cookie
Fruit Juice & Milk

Pancakes & Sausage 27
Tater Tots
Side Salad
Side Kicks Fruit Cup
Milk

Pizza 28
Green Beans
Tossed Salad
Pineapple
Fruit Juice & Milk

Chicken Fritter Sandwich 29
Buttered Peas
Apple Slices
Milk