



September Lunch Sheppard

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Cheeseburger w/ Oven Baked Fries or Cheese Lasagna w/ Marinara	Bean & Cheese Pupusa w/ Curtido Salad or Edamame Teriyaki Bowl w/ Rice & Diced Carrots	Chicken Tamale w/ Pinto Beans or Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Pepperoni Pizza or Beef & Cheese Taco Stick
9	10	11	12	13
Hamburger w/ Oven Baked Fries or Hot Dog w/ Oven Baked Fries or Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Chicken Bites w/ Mashed Potatoes or Italian Turkey Trio on Cheesy Foccacia w/ Baby Carrots	Beef Birria Tacos w/ Tajin Corn or Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots or Mexican Chicken Salad w/ Romaine Lettuce & Poptillas	Chicken w/ Baked Beans & Dinner Roll or Rice & Pinto Beans Southwest Chicken Salad w/ WG Dinner Roll	Beef, Bean & Cheese Burrito or Cheese Pizza
16	17	18	19	20
Cheeseburger w/ Oven Baked Fries or Chicken Patty Burger w/ Oven Baked Fries or Turkey & Cheese Torta Sandwich	Turkey & Cheese Sub Sandwich w/ Baby Carrots or Mac & Cheese w/ Peas	Bean & Cheese Pupusa w/ Curtido Salad or Orange Chicken & Not So Fried Rice w/ Diced Carrots or Chicken Caesar Salad with Dinner Roll & Croutons	Chicken Tamale w/ Pinto Beans or Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Pepperoni Pizza or Grilled Cheese Sandwich
23	24	25	26	27
Hamburger w/ Oven Baked Fries or Hot Dog w/ Oven Baked Fries or Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Chicken Bites w/ Mashed Potatoes or Italian Turkey Trio on Cheesy Foccacia w/ Baby Carrots or Penne & Meatsauce w/ Diced Carrots	Beef Birria Tacos w/ Tajin Corn or Mexican Chicken Salad w/ Romaine Lettuce & Poptillas	BBQ Chicken w/ Baked Beans & Dinner Roll or Queso Blanco Chicken Bowl w/ Rice & Pinto Beans or Southwest Chicken Salad w/ WG Dinner Roll	Beef, Bean & Cheese Burrito or Cheese Pizza
30				
Cheeseburger w/ Oven Baked Fries or Chicken Patty Burger w/ Oven Baked Fries or Turkey & Cheese Torta Sandwich				
Lunch Includes:	Veg of the Day:	Featured Fruit:		
All lunch meals are offered fruit and veggies and a choice of milk All students are required to take at least 1/2 cup of produce.	Tuesday: Baby Carrots (1/4 C), Side of Oven Baked Fries (1/2 C), Baby Carrots (1/2 C) Wednesday: Roasted Chickpeas Thursday: Cucumber Slices (1/4 C) w/ Tajin Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (1 C)	100% Fruit Juice 4 oz, Banana (1/2 C), Plum (1/2 C), Grapes (1/2 C), Watermelon (25 servings per tray)		