

September NOCP Menu

Date

Lunch

Thurs.9/1

Chicken & Veg. Stir-fry

Cucumber/tom. salad

Fresh cantaloupe

W.W. Roll

Milk

Fri. 9/2

Roast Porkloin

Oven-roasted Potatoes

Corn

W.W. Roll

Milk

Mon. 9/5

NO SCHOOL- LABOR DAY!

Tues. 9/6

Spaghetti and Meat sc.

Tossed salad

fr. Melon

W.W. Roll

Milk

Date

Lunch

Wed. 9/7

Herb-roasted chicken
Oven roasted Potatoes
Broccoli
Cornbread
Milk

Thur. 9/8

Jambalaya
Smothered Greens
Sl. Carrots
Milk

Fri. 9/9

Beef Tacos
Spanish Rice
Cucumber/Tom. Salad
Milk

Mon.9/12

Red Beans & sausage
Brown Rice
Steamed Peas
Cornbread
Milk

Tues. 9/13

Chicken & veg. pasta
Corn on cobb
Cornbread
Milk

Date

Lunch

Wed. 9/14

Spaghetti & meat sc.

Tossed salad

Honey-glazed Carrots

W.W. Roll

Milk

Thur. 9/15

Spicy Baked Fish

Rice Pilaf

Smothered greens

Cornbread

Milk

Fri. 9/16

Cheeseburgers

Baked French fries

Tossed Salad

Mixed fruit

Milk

Mon. 9/19

White Beans & ham

Brown Rice

Steamed Broccoli

Milk

Date

Lunch

Tues. 9/20

Stir-fry Chicken & veg.

Corn on cobb

w.w. roll

Milk

Wed. 9/21

Sloppy Joes

Tossed Salad

Sl. Carrots

Milk

Thurs. 9/22

Vegetable Lasagna

Green Beans

Fresh Grapes

W.W. Roll

Milk

Fri. 9/23

Roast Turkey

Mashed potatoes

Cucumber/Tom. salad

Cornbread

Milk

Mon. 9/26

SURPRISE DAY!

Date

Lunch

Tues. 9/27

BBQ Chicken
oven roasted potatoes

Steamed Peas

w.w. Rolls

Milk

Wed. 9/28

Beef Tacos

Spanish Rice

Cucumber/Tom. salad

Milk

Thurs. 9/29

Roast pork loin

Mashed potatoes

Steamed Broccoli

Cornbread

Milk

Fri. 9/30

Pepperoni Pizza

Tossed Salad

steamed Peas

Milk