



Arlene's September 2023 K-8 Lunch Menu

<i>Each student is entitled to one free breakfast and one free lunch per school day.</i>				1 WG Pizza Sticks - 2 Marinara Broccoli Pineapple Choc/White Milk
4 Labor Day	5 Taco Tuesday WG Nacho Chips Refried Beans Cheddar Cheese Fresh Watermelon Choc/White Milk	6 Meatball – 6 - Sub Carrot Sticks Craisins Choc/White Milk	7 WG Chicken Patty & WG Bun Ketchup Green Beans Whole Apple Choc/White Milk	8 WG Pizza Sticks - 2 Marinara Broccoli Pineapple Choc/White Milk
11 Beef Hot Dog & WG Bun Baked Beans Apple Crisps Choc/White Milk	12 Hamburger Patty & WG Bun Baked Fries Fresh Melon Choc/White Milk	13 WG Chicken Tenders – 3 Roll Green Beans Cheez Its Fruit Slushy Choc/White Milk	14 Spaghetti & Meatballs – 6 Roll WG Pasta Carrot Sticks Fresh Pineapple Choc/White Milk	15 Turk Pep Pizza Broccoli Bear Cracker Whole Apple Choc/White Milk
18 Sloppy Joe & WG Bun Carrot Sticks WG Sport Crackers Whole Apple Choc/White Milk	5 Taco Tuesday WG Nacho Chips Refried Beans Cheddar Cheese Fresh Watermelon Choc/White Milk	20 WG Chicken Nuggets - 5 Baked Fries Fruit Slushy Choc/White Milk	21 Beef Gyro WG Pita Bread Tomatoes Cucumbers Shredded Romain Craisins Ranch Choc/White Milk	22 WG Pizza Sticks - 2 & Marinara Broccoli Pineapple Choc/White Milk
25 Beef Hot Dog & WG Bun Baked Beans Apple Crisps Choc/White Milk	26 Hamburger Patty & WG Bun Baked Fries Fresh Melon Choc/White Milk	27 WG Chicken Patty & WG Bun Ketchup Green Beans Whole Apple Choc/White Milk	28 Spaghetti & Meatballs – 6Roll WG Pasta Carrot Sticks Fresh Pineapple Choc/White Milk	29 Turk Pep Pizza Broccoli Bear Cracker Whole Apple Choc/White Milk

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

“this institution is an equal opportunity provider”

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Arlene's September 2023 K-8 Lunch Menu



NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

"this institution is an equal opportunity provider"

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.