



Lunch

September
2020

CICS-GRAB & GO IN SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News...</p> <p>JOIN US FOR LUNCH!</p> <p>Lunch available every day for ALL students at #NO charge -CURBSIDE- OR -IN SCHOOL- For Curbside...</p> <p><u>Mondays:</u> 11am-1pm 2 days of meals</p> <p><u>Wednesdays:</u> 11am-1pm 3 days of meals</p> <p><small>Menus are subject to change without notice.</small></p>
	1 Cheese Sticks w/ Marinara Sauce Applesauce	2 Chicken Patty Baked Beans Orange Craisins	3 Pepperoni Pizza Frozen Broccoli Grape Juice	4 Chicken Tenders w/ Roll Hamburger Frozen Carrots Tater Tots Banana Craisins	
7	8 A. Hot Dog B. Fruit, Yogurt, Cheese Plate w/ Scooby Snacks Celery Sticks Orange Craisin	9 A. Bean & Cheese Burrito B. Turkey & American Cheese Sub Baby Carrots Grape Juice	10 A. Chicken Nuggets w/ Dinner Roll B. Sun Butter & Jelly Sandwich Black Beans Apple	11 A. Cheese Pizza B. Beef Taco Salad w/ Tortilla Chips Fresh Broccoli Fruit Juice	
14 A. Spicy Chicken Patty (No Bun) B. Fruit, Yogurt, Cheese Plate w/ Scooby Snacks Tater Tots Orange Juice	15 A. Turkey Burger B. Chef Salad w/ Egg & Cheese & Goldfish Crackers Three Bean Salad Apple	16 A. Cheese Sticks w/ Marinara Sauce B. Buffalo Chicken Wrap Baby Carrots Banana	17 A. Chicken Tenders w/ Roll B. Make- Your-Own Pizza Bagel (Cheese) Side Romaine Salad Apple Juice	18 A. Bean & Cheese Burrito B. Turkey & Provolone Cheese Wrap Celery Sticks Orange	
21 A. Cheese Pizza B. Beef Taco Salad w/ Tortilla Chips Potato Wedges Grape Juice	22 A. Chicken Nuggets w/ Dinner Roll B. Sun Butter & Jelly Sandwich Baby Carrots Apple Juice	23 A. Hamburger B. Egg Caesar Salad w/ Roll Three Bean Salad Fruit Juice	24 A. Spicy Popcorn Chicken B. Turkey & American Cheese Sub Celery Sticks Banana	25 A. Hot Dog B. Fruit, Yogurt, Cheese Plate w/ Scooby Snacks Fresh Broccoli Orange	
28 A. Bean & Cheese Burrito B. Turkey & Provolone Cheese Wrap Tater Tots Fruit Juice	29 A. Cheese Sticks w/ Marinara Sauce B. Buffalo Chicken Wrap Celery Sticks Apple	30 A. Chicken Patty B. Fruit, Yogurt, Cheese Plate w/ Scooby Snacks Side Romaine Salad Orange	31 A. Pepperoni Pizza B. Chef Salad w/ Egg & Cheese & Goldfish Crackers Three Bean Salad Grape Juice		

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.



What makes a Lunch Meal?

Entree + Fruit + Veggie
Milk (optional)

View nutrition and allergy info at: cics.schooldish.com



Healthy for Life™ Meals

This institution is an equal opportunity provider.