

# SEPTEMBER 2022

# ANCHORAGE

# LUNCH



**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

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT**



Labor Day  
NO SCHOOL

5

HAMBURGER  
CHEESEBURGER  
FRENCH FRIES  
SPINACH/VEGGIE BAR  
MILK

6

CHEESE PIZZA ON  
WHOLE GRAIN CRUST  
HOT VEGETABLE  
VEGGIE BAR  
MILK

7

CHEESE QUESADILLA  
CHICKEN NUGGETS  
WG ROLL/MIXED VEGGIES  
VEGGIE BAR  
MILK

1

BOSCO STICKS  
FISH SHAPES  
PEAS  
VEGGIE BAR  
MILK

2

WHOLE GRAIN PENNE  
PASTA/MEAT SAUCE  
MARINARA/BREADSTICK  
BROCCOLI/VEGGIE BAR/MILK

12

HOT HAM AND  
CHEESE/ROAST BEEF  
AND CHEESE/PEAS/VEGGIE  
BAR/MILK

13

CHEESE PIZZA ON  
WHOLE GRAIN CRUST  
HOT VEGETABLE  
VEGGIE BAR/MILK

14

CHICKEN BREAST  
TENDERS w/CHOICE OF  
ASIAN SAUCE/EGG ROLL/RICE  
VEGGIE BAR  
MILK

8

GRILLED CHEESE  
STEAMED CARROTS  
VEGGIE BAR  
MILK

9

CHICKEN AND  
DUMPLINGS/ROLL  
OVEN BAKED FRIES  
VEGGIE BAR/MILK

19

MEATBALL SUB  
MINI CORN DOGS  
CORN/SPINACH  
VEGGIE BAR/MILK

20

CHEESE PIZZA ON  
WHOLE GRAIN CRUST  
HOT VEGETABLE  
VEGGIE BAR/MILK

21

BEEF TACO  
FLOUR TORTILLA  
RICE/REFRIED BEANS  
VEGGIE BAR/MILK

15

CHEESE CALZONE  
MIXED VEGETABLES  
VEGGIE BAR  
MILK

16

OVEN FREE ENERGY  
SAVING LUNCH  
HAM SUB/PBJ/CHIPS/DESSERT  
VEGGIE BAR/MILK

26

CHICKEN SANDWICH  
REGULAR OR SPICY  
SEASONED PINTOS  
VEGGIE BAR/MILK

27

CHEESE PIZZA ON  
WHOLE GRAIN CRUST  
HOT VEGGIE  
VEGGIE BAR/MILK

28

SCRAMBLED EGGS  
SAUSAGE/PANCAKES  
WHOLE GRAIN BISCUIT/PEAS  
VEGGIE BAR/MILK

22

CHICKEN TERIYAKI  
GRILLED CHICKEN ON  
BUN/ITALIAN GREEN BEANS  
VEGGIE BAR/MILK

23

OVEN FRIED CHICKEN  
WHOLE GRAIN ROLL  
MASHED POTATOES/GRAVY  
GREEN BEANS/VEGGIE BAR  
MILK

29

MEATY STROMBOLI  
BROCCOLI  
VEGGIE BAR  
MILK

30