LUNCH - SEPTEMBER 2016

Bowling Green R-1 School District High School

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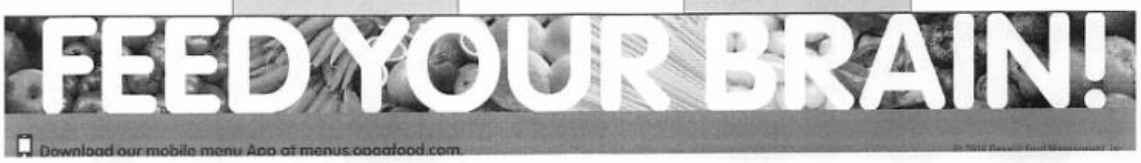
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!	*Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.* Partnering with us in this endeavor are the following **Hamra Farms** **Farhmeier Farms** **Rasa Orchard** **Value Added Products**	*Opaa! designs elementary menus to meet the nutrition targets for* **HealthierUS School Challenge!**	1 • **Soft Tacos** • **Turkey Burger** • **Chicken & Cheese Quesadilla** Fresh Garden Salad, Cowboy Beans, Fresh Fruit, Applesauce • **Taco Salad**, Fresh Fruit, Applesauce, Cornbread	2 • **Pepperoni Pizza** • **Chicken & Cheese Wrap** • **Peanut Butter & Jelly w/ Yogurt** Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit, Strawberry Banana Mix • **Popcorn Chicken Salad**, Fresh Fruit, Strawberry Banana Mix, Fruit Streusel Muffin
5 Labor Day	6 • **Super Nachos w/ Spanish Rice** • **Beef Enchiladas** • **Korean BBQ Pork Tacos** Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit • **Taco Salad**, Mandarin Oranges, Fresh Fruit, Cornbread	7 • **Chicken Patty / Spicy Chicken Patty** • **Roasted Pork** • **Hamburger Steak** Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit, Hot Roll • **Strawberry Chicken Salad**, Pineapple, Fresh Fruit, Hot Roll	8 • **Hot Dog** • **Chili w/ Cinnamon Roll** • **BBQ Pork on Bun** Fresh Garden Salad, French Fries, Fresh Fruit, Pears • **Cobb Salad**, Fresh Fruit, Pears, Fruit Streusel Muffin	9 • **Tony's Pizza** • **Parmesan Chicken Sandwich** • **Pepperoni Calzone** Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit • **Popcorn Chicken Salad**, Tropical Fruit, Fresh Fruit, Fruit Streusel Muffin
12 • **Chicken Nuggets w/ Italian Bread** • **Meatball Sub** • **Beef & Noodles w/ Italian Bread** Fresh Garden Salad, Corn, Applesauce, Fresh Fruit • **Mandarin Orange Chicken Salad**, Applesauce, Fresh Fruit, Italian Bread	13 • **Bacon Cheeseburger** • **Ham & Cheese French Toast Sandwich** • **BBQ Rib on Bun** Tater Tots, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit • **Cobb Salad**, Mandarin Oranges, Fresh Fruit, Fruit Streusel Muffin	14 • **Chicken Patty / Spicy Chicken Patty** • **Roast Turkey** • **Fish Patty** Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Fruit, Peaches, Hot Roll • **Strawberry Chicken Salad**, Fresh Fruit, Peaches, Hot Roll	15 • **Chicken Nachos w/ White Queso & Spanish Rice** • **Smothered Burrito** • **Mexican Pizza** Fresh Garden Salad, Texas Pintos, Banana Orange Mix, Fresh Fruit • **Taco Salad**, Banana Orange Mix, Fresh Fruit, Cornbread	16 • **Cheese Pizza** • **Fish Tacos** • **Corn Dog** Fresh Garden Salad, Fresh Broccoli w/ Dip, Fresh Fruit, Pineapple • **Popcorn Chicken Salad**, Fresh Fruit, Pineapple, Fruit Streusel Muffin
19 • **Spaghetti & Meatballs w/ Garlic Bread** • **Ham & Cheese Wrap** • **Spicy Chicken Patty Sandwich** Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit • **Mandarin Orange Chicken Salad**, Peaches, Fresh Fruit, Garlic Bread	20 • **Chicken Soft Tacos** • **Frito Pie** • **Pizza Quesadilla** Fresh Garden Salad, Cowboy Beans, Fresh Fruit, Orange Pineapple Mix • **Taco Salad**, Fresh Fruit, Orange Pineapple Mix, Cornbread	21 • **Chicken Patty / Spicy Chicken Patty** • **Meatloaf** • **Baked Ham** Mashed Potatoes w/ Gravy, Corn, Fresh Fruit, Pears, Hot Roll • **Strawberry Chicken Salad**, Pears, Fresh Fruit, Hot Roll	22 • **Bacon Cheeseburger** • **Italian Sub** • **Grilled Chicken Sandwich** French Fries, Fresh Garden Salad, Applesauce, Fresh Fruit • **Cobb Salad**, Applesauce, Fresh Fruit, Fruit Streusel Muffin	23 • **Pepperoni Pizza** • **Chicken & Avocado Club Wrap** • **Peanut Butter & Jelly w/ Yogurt** Fresh Garden Salad, Baby Carrots w/ Dip, Strawberry Banana Mix, Fresh Fruit • **Popcorn Chicken Salad**, Strawberry Banana Mix, Fresh Fruit, Fruit Streusel Muffin
26 • **Chicken & Waffles** • **Mozzarella Dunkers w/ Marinara** • **Turkey & Cheese on a Bun** Fresh Garden Salad, Steamed Broccoli, Cinnamon Apple Slices, Fresh Fruit • **Mandarin Orange Chicken Salad**, Cinnamon Apple Slices, Fresh Fruit, Italian Bread	27 • **Hot Dog** • **Turkey Burger** • **Sloppy Joes** French Fries, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit • **Cobb Salad**, Mandarin Oranges, Fresh Fruit, Fruit Streusel Muffin	28 • **Chicken Patty / Spicy Chicken Patty** • **Roasted Pork** • **Hamburger Steak** Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit, Hot Roll • **Strawberry Chicken Salad**, Pineapple, Fresh Fruit, Hot Roll	29 • **Super Nachos w/ Spanish Rice** • **Chicken Enchilada w/ White Queso** • **Pork Carnitas** Fresh Garden Salad, Refried Beans, Pears, Fresh Fruit • **Taco Salad**, Pears, Fresh Fruit, Cornbread	30 • **Tony's Pizza** • **Parmesan Chicken Sandwich** • **Buffalo Chicken Calzone** Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit • **Popcorn Chicken Salad**, Tropical Fruit, Fresh Fruit, Fruit Streusel Muffin



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