

September 2016

R-III School District K-12

LUNCH



School Information: Lunch includes a serving of fruit plus a variety of milk.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken & Noodles **1**
Whipped Potatoes
Steamed Green Beans
Wheat Breadstick

2
No School



Baked Potato Bar **6**
(Ham, Broccoli, Cheese,
Soft Pretzel

Soft Shell Tacos **7**
Spicy Pinto Beans
Salsa

Salisbury Steak **8**
Whipped Potatoes
Steamed Carrots
Wheat Breadstick

Pizza Lil Bites **9**
Marinara Sauce
Golden Corn

Meatball Subs **12**
Sunchip Snack Mix
California Blend Veggies

Toasted Cheese **13**
Chicken Noodle Soup
Carrot & Celery Sticks
Ranch Dipping Sauce

Poppin Chicken Bowl **14**
Dinner Roll

Ham & Cheese Wrap **15**
Lettuce & Tomato
Baked Beans
Snickerdoodle Cookie

Cheese Primo Pizza **16**
Steamed Broccoli

Hamburger **19**
Lettuce & Tomato
Potato Wedges

Chili Cheese **20**
Turkey Dog
Garden Salad

Enchilada Bake **21**
Salsa
Refried Beans

Chicken Patty on Bun **22**
Steamed Green Beans

Toasted Ravioli **23**
Meat Dipping Sauce
California Blend Veggies

Chicken Spaghetti **26**
Steamed Broccoli

BBQ Rib on Bun **27**
French Fries
Celery Sticks with Ranch

Turkey Bacon **28**
Flatbread Sandwich
Golden Corn

Nachos Supreme **29**
Spicy Pinto Beans
Salsa

Pepperoni Calzonettes **30**
Marinara Sauce
Steamed Carrots