

**New Dawn School #49**  
**Lunch Menu**  
**K - 8**  
**September- 2016**

	<b>TUESDAY-Menu D</b>	<b>Wednesday</b>	<b>1.Thursday</b> Chicken tomato bake Broccoli Raisins Vanilla ice cream Milk 1%	<b>2.Friday</b> Beef pepper steak Herbed cauliflower Brown rice Mandarin oranges Milk 1%
<b>5.Monday-Menu F</b>  <b>Labor Day Holiday</b>	<b>6.Tuesday</b> Gateway chicken salad Gateway tossed salad Garlic toast Whole wheat sugar cookie Fruit cocktail Fat free ranch Milk 1%	<b>7.Wednesday</b> Bean & ham soup Toasted cheese sandwich Carrots Peach cup Mayonnaise Milk 1%	<b>8.Thursday</b> Chicken Broccoli rice dish Stewed tomatoes Wholegrain biscuit Fresh orange margarine Milk 1%	<b>9.Friday</b> Macaroni cheese & ham bake Herbed cauliflower New Dawn green beans Garlic toast Mandarin oranges Milk 1%
<b>12.Monday –Menu B</b> Country fried steak Fries Potato rounds Broccoli Hamburger bun/wholegrain Spiced apples Ketchup/margarine Milk 1%	<b>13.Tuesday</b> Chicken noodle casserole mixed vegetables raisins/ orange juice Wholegrain bread Margarine Milk 1%	<b>14.Wednesday</b> Beef taco pie Brown rice Refried beans Tomatoes Fresh grapes Milk 1%	<b>15.Thursday</b> Sweet & sour pork New Dawn green beans Brown rice Fruit cocktail Milk 1%	<b>16.Friday</b> Ground beef & Spanish rice Carrots Cornbread Pears Margarine Milk1 %

<p><b>19.Monday Menu C</b>  <b>Honey lemon chicken</b>  <b>Copper penny carrots</b>  <b>Broccoli</b>  <b>Brown rice pilaf</b>  <b>Mixed fruit</b>  <b>Milk 1%</b></p>	<p><b>20.Tuesday</b>   <b>STAFF DEVELOPMENT</b>  <b>NO STUDENTS</b></p>	<p><b>21.Wednesday</b>  <b>Chicken taco plate</b>  <b>Black beans(seasoned)</b>  <b>Brown rice</b>  <b>Mandarin orange</b>  <b>Milk 1%</b></p>	<p><b>22.Thursday</b>  <b>Meatballs</b>  <b>Yellow squash</b>  <b>Noodles</b>  <b>Fruit cocktail</b>  <b>Brown gravy</b>  <b>Milk 1%</b></p>	<p><b>23.Friday</b>  <b>Tuna noodle casserole</b>  <b>Peas &amp; carrots</b>  <b>Wholegrain bread</b>  <b>Fresh orange</b>  <b>Margarine</b>  <b>Milk 1%</b></p>
<p><b>26.Monday Menu D</b>  <b>Shepherd's Pie</b>  <b>Broccoli</b>  <b>Whole Grain bread</b>  <b>Margarine</b>  <b>Jelly</b>  <b>Diced watermelon</b>  <b>Milk 1%</b></p>	<p><b>27.Tuesday</b>  <b>Chicken ala king</b>  <b>Carrots</b>  <b>Brown rice</b>  <b>Spiced apples</b>  <b>Milk 1%</b></p>	<p><b>28.Wednesday</b>  <b>Beef tamale pie</b>  <b>Brown rice</b>  <b>Black beans</b>  <b>Pears</b>  <b>Milk 1%</b></p>	<p><b>29.Thursday</b>  <b>Breaded fish portion</b>  <b>Fresh chopped tomatoes</b>  <b>Spinach</b>  <b>Brown rice pilaf</b>  <b>Strawberry cup</b>  <b>Milk/apple juice</b></p>	<p><b>30.Friday</b>  <b>Meatloaf</b>  <b>Scalloped potatoes</b>  <b>New dawn green beans</b>  <b>Cornbread</b>  <b>Applesauce cup</b>  <b>Brown gravy/margarine cup</b>  <b>Milk</b></p>