

SEPTEMBER 2020

Chapman and Ninilchik Menu

This institution is an equal opportunity provider.

Monday
Tuesday
Wednesday
Thursday
Friday

Pizza
Broccoli
Gold Rush Juice
Chilled Mixed Fruit

1

(Variety Fresh Fruit MDL/HS)

Macaroni & Cheese
(with Roll MDL/HS)
Tater Tots
Chilled Peaches
Apple Juice

2

Beef Sticks
(with Roll MDL/HS)
Mashed Potatoes with Gravy
Green Beans
Chilled Pears
(Variety Fresh Fruit MDL/HS)

3

Chicken Sandwich
Baked Beans
Carrots with Ranch
Orange

4

NO SCHOOL

7

Hot Dogs
Tater Tots
Chilled Mixed Fruit
Rice Krispy

8

Popcorn Chicken
Couscous
Carrots w/Ranch or Hummus
Strawberry Cup
(Variety Fresh Fruit HS)

9

Cheese Sticks
w/ Dipping Sauce
Romaine Salad
Green Beans
Chilled Pineapple Tidbits
(Apple Juice HS)

10

TACO SNACK
Cheesy Refried Beans
Chilled Pears
Little Cutie Oranges

11

Pizza
Corn
Chilled Peaches
Apple

14

Pretzel and Cheese
Green Beans
Gold Rush Juice
Chilled Mixed Fruit
(String Cheese MDL/HS)

15

Chicken Teriyaki
Fried Rice
Broccoli
Mandarin Oranges
(Apple Juice MDL/HS)

16

Mac and Cheese
Tomato/cucumber Salad
Strawberry Cup
Orange Juice
(Carrots with Ranch MDL/HS)

17

Cheeseburger
Tomato/Lettuce Offered
Baked Beans
KK Fries
Chilled Pears
(Variety Fresh Fruit MDL/HS)

18

Corn Pups
KK Fries
Strawberry Cup
Apple Juice

21

Egg Roll
Carrots with Ranch
or Hummus
Fried Rice
Chilled Pineapple

22

French Toast
With Sausage Links
Tater Tots
Cinnamon Apple Slices
Rice Krispy Treat

23

Popcorn Chicken
with Dinner Roll
Romaine Salad
Banana

24

BBQ Pork Ribwich
Snow Peas/Celery
with Ranch or Hummus
Gold Rush Juice
Applesauce Cup
(Orange Juice MDL/HS)

25

Beef Sticks
with Biscuit Stick
Mashed Potatoes and Gravy
Applesauce Cup
Orange Juice

28

Pizza
Broccoli
Gold Rush Juice
Chilled Mixed Fruit

29

(Variety Fresh Fruit MDL/HS)

Grilled Cheese
Tater Tots
Chilled Peaches
Apple Juice

30

1 % Low Fat White and Nonfat Chocolate Milk Offered Daily

Menu Subject to change due to product availability

K-6 \$3.00 7-12 \$3.50 Adult \$5.00 w/o Milk