

SEPTEMBER 2021

LUNCH



Bray Doyle School



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



Beef enchilada
Refried Beans
Mexican Salad
Fruit
Milk
Carrots/Salad Bar

1

Pineapple Ham
Sweet potato
Corn
Roll
Fruit
Milk
Carrots/Salad Bar

2

Hot Dog
Baked Beans
Cole Slaw
Fruit
Milk
Carrots/Salad Bar

3

No School

6

Cheeseburger
Tator Tots
Garden Salad
Fruit
Milk
Carrots/Salad Bar

7

Chicken Fajita
Refried Beans
Chips/Salsa
Fruit
Milk
Carrots/Salad Bar

8

Spaghetti/meat sauce
Garlic Breadstick
Italian Salad
Fruit
Milk
Carrots/Salad Bar

9

No School

10

Chicken Fried Steak
Mashed Potato/Gravy
Roll
Fruit
Milk
Carrot/Salad Bar

Pizza
Italian Salad
Breakstick
Fruit
Milk
Carrots/Salad Bar

14

Beef Nacho
Chips/Salsa
Chili Beans
Fruit
Milk
Carrots/Salad Bar

15

Corn Dog
Mac and Cheese
Broccoli Salad
Fruit
Milk
Carrots/Salad Bar

16

No School

17

BLT Wrap
Mediterranean Tomato
Salad
Fruit
Milk
Carrot/Salad Bar

20

Hasselback Tomato Club
Summer Watermelon Salad
Fruit
Milk
Carrot/Salad Bar

21

Eggs
Cinnamon Toast
Sausage
Breakfast Hash brown
Fruit
Milk
Carrot/Salad Bar

22

Chicken Salad
Razzle Dazzle Rainbow Salad
Fruit
Milk
Carrot/Salad Bar

23

Hot Dogs
Baked Beans
Spinach Strawberry Feta Salad
Fruit
Milk
Carrot/Salad Bar

24

Beef Burrito
Garden Salad
Chips
Fruit
Milk
Carrot/salad Bar

27

Italian sandwich
Italian Salad
Carrot Confetti Salad
Fruit
Milk
Carrot/Salad Bar

28

Beef Enchiladas
Refried Beans
Spanish rice
Fruit
Milk
Carrot/Salad Bar

29

Pig in a Blanket
Green Beans
Pasta Salad
Fruit
Milk
Carrot/Salad Bar

30