

September High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Thursday 8/29 (Freshmen first day)</b>                      Pizza                      Or Turkey and Cheese on whole grain Bun                      Vegetable of the Day: Side Garden Salad, Carrot Sticks                      Assorted Fruit, Milk</p>	<p><b>9/3</b>                      no school</p>	<p><b>9/4</b>                      Hamburger or Cheeseburger on whole grain Bun                      Vegetable of the Day: Sweet Potato Fries, Mexicali Corn SideKick!                      Assorted Fruit, Milk</p>	<p><b>9/5</b>                      Chicken Tenders with a whole grain Dinner Roll                      Vegetable of the Day: Homemade Coleslaw, Roasted Chickpea Crisps                      Assorted Fruit, Milk</p>	<p><b>9/6</b>                      Steak and Cheese Sub on whole grain Roll                      Vegetable of the Day: Spinach and Strawberry Salad, Sautéed Peppers &amp; Onions, Potato Wedges                      Assorted Fruit, Milk</p>
<p><b>9/9</b>                      Texas Toast Grilled Cheese on whole wheat Bread                      Vegetable of the Day: Steamed Green Beans                      Tomato &amp; Cucumber Salad                      Assorted Fruit, Milk</p>	<p><b>9/10</b>                      Chicken Broccoli Ziti with Homemade Alfredo Sauce &amp; a whole grain Dinner Roll                      Vegetable of the Day: Romaine &amp; Spinach Salad                      Roasted Carrot Coins                      Assorted Fruit, Milk</p>	<p><b>9/11</b>                      Italian Sampler with Mozzarella Sticks, Meatballs, and a whole grain Bread Stick                      Vegetable of the Day: Marinara Dipping Sauce, Side Garden Salad                      Assorted Fruit, Milk</p>	<p><b>9/12</b>                      Quesadilla!                      Chicken &amp; Cheese or Beef &amp; Cheese                      Vegetable of the Day: Salsa, Sautéed Peppers &amp; Onions, Bean and Corn Salsa                      Assorted Fruit, Milk</p>	<p><b>9/13</b>                      Buffalo Chicken &amp; Rice Dip                      Vegetable of the Day: Smoky Cauliflower, Celery &amp; Carrot Stick Dippers                      Assorted Fruit, Milk</p>
<p><b>9/16</b>                      National Cheeseburger Day                      Hamburger, Cheeseburger or Veggie Burger on whole grain Bun                      Vegetable of the Day: Burger Fixings                      Potato Salad, Corn on the Cob                      Assorted Fruit, Milk</p>	<p><b>9/17</b>                      Roasted Chicken with Chef Margarita's Sazon de Abuela Seasoning, Rice &amp; Beans                      Vegetable of the Day: Baked Sweet Plantain, Garden Salad                      Assorted Fruit, Milk</p>	<p><b>9/18</b>                      Breakfast for Lunch!                      French Toast Sticks with Turkey Sausage Links                      Vegetable of the Day: Cinnamon Roasted Carrots                      Harvest Home Fries                      Assorted Fruit, Milk</p>	<p><b>9/19</b>                      Mac and Cheese with whole grain Fish Sticks                      Vegetable of the Day: Lemon Zest Broccoli, Roasted Chickpea Crisps                      Assorted Fruit, Milk</p>	<p><b>9/20</b>                      Chef Margarita's Chicken Cheese Steak on wg Roll                      Vegetable of the Day: Kale and Cranberry Salad, Chili Roasted Sweet Potato Fries                      Assorted Fruit, Milk</p>
<p><b>9/23</b>                      Plain or Buffalo Chicken Tenders with wg Dinner Roll                      Vegetable of the Day: Homemade Coleslaw, Chili Roasted Sweet Potato Fries                      Assorted Fruit, Milk</p>	<p><b>9/24</b>                      Mandarin Orange Chicken with whole grain Vegetable Fried Rice                      Vegetable of the Day: Roasted Broccoli                      Steamed Carrot Coins                      Assorted Fruit, Milk</p>	<p><b>9/25</b>                      National Quesadilla Day                      Birria Pulled Turkey Quesadilla on whole wheat Tortilla                      Vegetable of the Day: Stewed Kidney Beans                      Mexicali Corn                      Assorted Fruit, Milk</p>	<p><b>9/26</b>                      Pastalaya~ wg Pasta &amp; Chicken in a Cajun Red Sauce                      Vegetable of the Day: Side Garden Salad, Roasted Mixed Vegetables                      Assorted Fruit, Milk</p>	<p><b>9/27</b>                      Meatball Sub on wg Roll                      Vegetable of the Day: Green Bean Salad, Roasted Red Bliss Potatoes                      Assorted Fruit, Milk</p>
<p><b>9/30</b>                      Dill Chicken Patty on whole grain Bun                      Vegetable of the Day: Chickpea Salad, Farm Fresh Veggie Sticks                      Assorted Fruit, Milk</p>	<p><b>10/1</b>                      World Vegetarian Day!                      Kelp "Meat"balls with a whole grain Breadstick                      Vegetable of the Day: Roasted Italian Vegetables, Lemon Zest Broccoli                      Assorted Fruit, Milk</p>	<p><b>10/2</b>                      Ham or Turkey &amp; Cheese Melt on whole wheat Croissant                      Vegetable of the Day: Lettuce &amp; Tomato, Russet Potato Wedges, Bell Pepper Strips                      Assorted Fruit, Milk</p>	<p><b>10/3</b>                      Chicken &amp; Cheese Tamales Rice &amp; Beans, Enchilada Sauce                      Vegetable of the Day: Baked Sweet Plantain, Romaine and Spinach Salad                      Assorted Fruit, Milk</p>	<p><b>10/4</b>                      Steak and Cheese Sub on whole grain Roll                      Vegetable of the Day: Spinach and Strawberry Salad, Sautéed Peppers &amp; Onions, Potato Wedges                      Assorted Fruit, Milk</p>

**SALEM COUNTRY KITCHEN**

1st Floor -  
 Home Cooking Station  
 See weekly menu Below

Mexican Station, Soft taco shells, nacho chips, burritos, wraps, Beef, Chicken Fajita, Sautéed Onions and Peppers, Rice and Beans, Shredded Cheese, Diced Tomatoes

**SALEM HIGH PIZZERIA**

2nd Floor -  
 Pizza Station  
 whole wheat Pizza Crust  
 Toppings:  
 Sauce, Cheese, Peppers & Onions, Pepperoni, Sausage, Buffalo Chicken  
 Deli & Salad Station  
 Sandwiches/ wraps: Turkey, Ham, Tuna

**SALEM HIGH GRILL**

Made to order burgers and hot dogs

**Welcome Back to School!**

Do you have a family recipe you think your classmates will love? Submit a family recipe of cultural significance to [recipes@salemk12.org](mailto:recipes@salemk12.org) for a chance to hold a taste test in your school!

**FOOD & NUTRITION SERVICES**  
**SALEM PUBLIC SCHOOLS**