

September: Lunch Menu

ECC & PreK Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



9/1

Always Available
Options:

Yogurt Power Pack

Hummus Power Pack

9/2

9/3

No School

9/4

No School

9/7

No School

9/8

No School

9/9

No School

9/10

Welcome Back!

Scratch Made Baked Ziti with Meat
Sauce Or Pasta with Red Sauce (V)
Or Turkey and Cheese on a WW
Tortilla

Vegetable of the Day: Garden Salad
w/ local lettuce, Marinara Dipping
Cup
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/11

Cheese Pizza (V)

Or Cheese and Cracker Power Pack
with Fresh Fruits and Vegetables

Vegetable of the Day: Local Spinach
and Local Romaine Salad
Italian Roasted Vegetables
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/14

Mac & Cheese and Red's Best
Haddock Fish Sticks or Vegan Chicken
Tenders (V)
Or Turkey and Cheese Sandwich on a
Bun
Vegetable of the Day: Local
Cucumber Wheels, Roasted Broccoli
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/15

**Happy Hispanic Heritage
Month 9/15-10/15**

Two Turkey Tacos on a Tortilla with
Shredded Cheese
Or Deeply Rooted Plant Based
Protein (V)
Or Lentils Tacos
Vegetable of the Day: Black Bean and
Local Corn Salsa
Local Pico de Gallo, Shredded Lettuce
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/16

National Guacamole Day
Turkey Avocado Club
(Turkey, chicken bacon, cheese,
lettuce, tomato and guacamole on a
WGR roll)
Or Pizza Power Pack

Vegetable of the day: Roasted
Cauliflower, Local Cucumber Wheels
Milk: 1%, Skim, Lactaid

9/17

National Cheeseburger Day
Hamburger or Cheeseburger or
Veggie Burger (V) on a WGR Bun
Or Hummus & Pita Bread Power Pack
with Farm Fresh Veggie Sticks

Vegetable of the Day: Local Zucchini,
Local Green Beans
Assorted Fruit
Milk: 1%, Skim, Lactaid
Condiments: Mayo, Mustard,
Ketchup

9/18

Cheese Pizza (V)

Or Buffalo Chicken and Cheese
Sandwich on a Bun
Vegetable of the Day: Garden Salad
w/ local lettuce, Pasta Salad
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/21

Chicken & Cheese Empanada Or Bean
and Cheese Papusa (V)
Or Yogurt & Granola Power Pack

Vegetable of the Day: Local Mexican
Street Corn on the Cob, Scratch
Queso w/ WW Tortilla Chips
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/22

Mandarin Orange Chicken or Tofu (V)
with Vegetable Fried Rice
Or Chicken Salad Sandwich on Whole
Wheat Bread

Vegetable of the Day: Local Roasted
Broccoli, Stir Fried Mixed Vegetables
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/23

Early Release
Yogurt & Granola Power Pack (V)
Hummus & Pita Power Pack (V)
Pizza Power Pack

Vegetable of the Day: Chickpea Salad,
Local Carrot Sticks
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/24

National Quesadilla Day!
Chicken or Beef or Cheese (V)
Quesadilla
Or Pizza Power Pack with Pita Bread,
Mozzarella Cheese, and Tomato
Sauce

Vegetable of the Day: Salsa, Black
Bean & Local Corn Salsa, Local
Tomato and Local Cucumber Confetti
Salad
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/25

Cheese Pizza (V)

Or Chicken Caesar Wrap on a WW
Tortilla

Vegetable of the Day: Local
Strawberry & Local Spinach Salad,
Sweet Potato Fries
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/28

Chicken Parmesan with WG Pasta-
Vegan Chicken Tenders Available (V)
Or Ham and Cheese Sandwich on WG
Bread

Vegetable of the Day: Local Roasted
Red Potatoes, Local Green Beans
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/29

Chicken Tenders & Whole Grain
Dinner Roll Or Vegan Chicken
Tenders (V)
Or Pizza Power Pack

Vegetable of the Day: Onion Rings,
Local Kale Cranberry Salad
Assorted Fruit
Milk: 1%, Skim, Lactaid

9/30

National Cider Day
Texas Toast Grilled Cheese with Local
Tomato on WW Bread (V)
Or Ham and Cheese Sandwich on WW
Bread

Vegetable of the Day: Local Apple &
Cabbage Slaw, Local Maple-Roasted
Carrots
Local Apple Cider
Assorted Fruit
Milk: 1%, Skim, Lactaid

10/1

(V) = Vegetarian
Option

10/2

This institution is a equal Opportunity Provider. **Please Note:** If you have a food allergy please advise your kitchen manager



SALEM
PUBLIC SCHOOLS
Where belonging leads to opportunity.

HARVEST
of the MONTH
TOMATOES



SALEM
FOOD & NUTRITION
SERVICES