

September: Lunch Menu

Elementary Schools Menu: Horace Mann, Bates, Bentley, Witchcraft & Sarah Remond

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



9/1

Always Available Options:

Sunbutter and Jelly Sandwich

Yogurt Power Pack

Hummus Power Pack

9/2

Welcome Back Sarah Parker Reymond

Cheeseburger, Hamburger or Veggie Burger on a Bun

Or Turkey and Cheese Wrap

Vegetable of the day: Side Garden Salad, Sweet Potato Fries

Assorted Fruit
Milk: 1%, Skim, Lactaid, Chocolate

9/3

Welcome Back!

Chicken Tenders with a Garlic Breadstick Or Vegan Chicken Tenders (V)

Or Ham and Cheese Sandwich on a Bun

Vegetable of the day: Creamy Coleslaw, w/ Local Cabbage, Scratch Potato Salad
Assorted Fruit

Milk: 1%, Skim, Lactaid, Chocolate

9/4

Cheese Pizza (V)

Or Chicken Caesar Salad with Local Romaine with a WGR Roll

Vegetable of the Day: Caesar Salad w/ Local Romaine, Local Bell Pepper Strips
Assorted Fruit
Milk: 1%, Skim, Lactaid, Chocolate

9/7

No School

9/8

Breakfast for Lunch!
French Toast Sticks with Chicken Bacon or Yogurt Cup (V)
Or Yogurt Power Pack

Vegetable of the Day: Roasted Local Carrots, Harvest Home Fries
Assorted Fruit
Milk: 1%, Skim, Lactaid, Chocolate

9/9

Roasted Chicken on the Bone or Vegan Chicken Tenders (V)
Or Turkey and Cheese on a WGR Roll

Vegetable of the Day: Stewed Kidney Beans, Local Garden Salad, Cilantro Rice w/ Local Cilantro

Assorted Fruit
Milk: 1%, Skim, Lactaid, Chocolate

9/10

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, Chocolate

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, Chocolate

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, Chocolate

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, Chocolate

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, Chocolate

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, Chocolate
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, Chocolate

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, Chocolate

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, Chocolate

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, Chocolate

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, Chocolate

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, Chocolate

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, Chocolate

9/29

Local BBQ Chicken Wingss & 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, Chocolate

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, Chocolate

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