

September: Lunch Menu

New Liberty and Prep Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



9/1

Always Available
Options:

Sunbutter and Jelly
Sandwich

Yogurt Power Pack

Hummus Power Pack

9/2

No School

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

Buffalo Chicken or 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 Chicken Patty on a Bun

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 Cheeseburger / Hamburger on a
Bun

Vegetable of the Day: Garden Salad
w/ local lettuce, Marinara Dipping
Cup

Assorted Fruit

Milk: 1%, Skim, Lactaid, Chocolate

9/11

Sausage or 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 Nachos

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 Slice

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 Cheese and Cracker Power Pack

Vegetable of the Day: Local Zucchini,
Local Green Beans
Assorted Fruit

Milk: 1%, Skim, Lactaid, Chocolate
Condiments: Mayo, Mustard,
Ketchup

9/18

Pepperoni or 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 Patty on a Bun

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

Chicken Bacon Ranch or 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 Hamburger or Cheeseburger on a
Bun

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!
Pastelon
Ground Beef and Plantain Lasagna
Or Cheese Lasagna

Vegetable of the Day: Salsa &
Shredded Lettuce
Seasoned Black Beans

Assorted Fruit

Milk: 1%, Skim, Lactaid, Chocolate

Local Apple Cider will be served

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