

September: Lunch Menu

Salem High School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 9/7	9/1	9/2 Cheese Pizza (V) Vegetable of the Day: Garden Salad, Tater Tots Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/3 Chicken Tenders or Vegan Chicken Tenders (V) with a Whole Grain Garlic Knot & Dipping Sauces Vegetable of the Day: Roasted Local Broccoli Mac & Cheese Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/4 Buffalo Chicken Dip with Tortilla Chips Vegetable of the Day: Farm Fresh Veggie Sticks Creamy Coleslaw Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
No School	9/8 Roasted Chicken on the Bone or Vegan Chicken Tenders (V) Vegetable of the Day: Stewed Kidney Beans, Local Garden Salad, Cilantro Rice w/ Local Cilantro Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/9 Breakfast for Lunch! French Toast Sticks with Syrup & Chicken Bacon or Yogurt Cup (V) Vegetable of the Day: Roasted Carrots, Harvest Home Fries Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/10 Scratch Made Baked Ziti with Meat Sauce Or Pasta with Red Sauce (V) Vegetable of the Day: Garden Salad w/ local lettuce, Marinara Dipping Cup Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/11 Chicken and Cheese Empanadas or Bean and Cheese Papusa (V) Vegetable of the Day: Baked Sweet Plantains Garden Salad w/ Local Lettuce Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
9/14 Turkey BLT Vegetable of the Day: Chickpea Crisps, Onion Rings Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/15 Rotisserie Chicken Vegan Chicken Filet (V) Vegetable of the Day: Brown Rice Pilaf, Honey Local Glazed Carrots Served with WG Dinner Roll 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) Vegetable of the day: Roasted Local Cauliflower, Local Cucumber Wheels Milk: 1%, Skim, Lactaid, Chocolate	9/17 Rotisserie Chicken Vegan Chicken Filet (V) Vegetable of the Day: Roasted Potatoes, Peas Served with WG Dinner Roll Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/18 Steak and Cheese on a Sub Roll or Grilled Cheese (V) Vegetable of the Day: Farm Fresh Veggie Sticks, Roasted Local Cauliflower Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
9/21 Mandarin Orange Chicken or Tofu (V) Vegetable Fried Rice and an Egg Roll Vegetable of the Day: Stir Fry Mixed Vegetables Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/22 Rotisserie Chicken or Vegan Chicken Filet (V) Vegetable of the Day: WG Stuffing, Roasted Local Brussels Sprouts Served with WG Dinner Roll 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, Farm Fresh Veggie Sticks Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/24 National Quesadilla Day! Rotisserie Chicken Quesadilla or Cheese (V) (Cheese, Fresh & Local Pico de Gallo) Vegetable of the Day: Mashed Sweet Potato, Local Green Beans Served with WG Dinner Roll Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/25 Mojo Puffed Chicken Sandwich Vegetable of the Day: Cuban-Style Black Beans, Citrus-Lime Coleslaw w/ Local Cabbage Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
9/28 Chicken Parmesan with WG Pasta Vegan Chicken Tenders Available (V) Vegetable of the Day: Local Roasted Red Potatoes, Local Green Beans Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/29 Rotisserie Chicken or Vegan Chicken Filet (V) Vegetable of the Day: Brown Rice, Roasted Butternut Squash Served with WG Dinner Roll Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	9/30 National Cider Day Pastelon Ground Beef and Plantain Lasagna Vegetable of the Day: Salsa & Shredded Local Lettuce Seasoned Black Beans Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate Apple Cider 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

