September 2015

Desert Heights Charter K-4

LUNCH MENU

To order go to https://nutritiononeslp.orderlunches.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW FOR SEPTEMBER! Turkey Sub will be offered every day. Served on a whole grain bun and includes sliced turkey, shredded cheddar cheese, mustard & mayo.	1 * **BBQ Beef Sandwich** * **Buffalo Chicken Shaker Salad w/ WG Crackers** - w/ Carrot Sticks & Orange	2 * **Sardella's Cheese Pizza** * **Ranch Chicken Shaker Salad w/ WG Crackers** - w/ Cucumber Wedges & 100% Fruit Punch	3 NO SCHOOL	4 NO SCHOOL
7 NO SCHOOL	8 * **Penne Pasta w/ Meat Sauce** * **Taco Shaker Salad w/ WG crackers** - w/ Carrot Sticks & Peaches & Strawberries	9 * **Sardella's Cheese Pizza** * **Buffalo Chicken Shaker Salad w/ WG crackers** - w/ Fresh Broccoli, Ranch Dressing & 100% Fruit Punch	10 * **Chicken Chipotle Bowl w/ WG Rice & Pinto Beans** * **Pizza Shaker Salad w/ WG crackers** - w/ Pineapple Tidbits	11 * **Hot Ham & Cheese** * **Ranch Chicken Shaker Salad w/ WG crackers** - w/ Jicama & Apple
14 * **Cheesy Breadsticks w/ Marinara** * **Pizza Shaker Salad w/ WG crackers** - w/ Carrot Sticks & Raisins	15 * **Orange Chicken Bowl w/ WG Rice** * **Taco Shaker Salad w/ WG crackers** - w/ Celery Sticks & Sliced Peaches	16 * **Sardella's Cheese Pizza** * **Ranch Chicken Shaker Salad w/ WG crackers** - w/ Fresh Broccoli, Ranch Dressing & 100% Fruit Punch	17 * **Popcorn Chicken & Mashed Potatoes Bowl** * **Cobb-ilicious Shaker Salad w/ WG crackers** - Pineapple Tidbits	18 * **Beef Soft Taco** * **Buffalo Chicken Shaker Salad w/ WG crackers** - w/ Refried Beans & Orange Slices
21 * **Chicken Pot Pie w/ Mashed Potatoes & Corn** * **Taco Shaker Salad w/ WG crackers** - w/ Apple	22 * **Chicken Tenders** * **Pizza Shaker Salad w/ WG crackers** - w/ Fresh Broccoli w/ Ranch Dressing & Orange	23 * **Sardella's Cheese Pizza** * **Buffalo Chicken Shaker Salad w/ WG crackers** - w/ Cucumber Wedges & 100% Fruit Punch	24 * **Pizza Pasta** * **Ranch Chicken Shaker Salad w/ WG crackers** - w/ Carrot Sticks & Raisins	25 * **Beef Chipotle Bowl w/ WG Rice & Pinto Beans** * **Cobb-ilicious Shaker Salad w/ WG crackers** - w/ Applesauce
28 * **Beef, Bean & Cheese Nachos** * **Cobb-ilicious Shaker Salad w/ WG crackers** - w/ Apple	29 * **General Tso Chicken Bowl w/ WG Rice** * **Pizza Shaker Salad w/ WG crackers** - w/ Carrot Sticks & Applesauce	30 * **Sardella's Cheese Pizza** * **Ranch Chicken Shaker Salad w/ WG crackers** - w/ Fresh Broccoli, Ranch Dressing & 100% Fruit Punch		**3 Meal Selections Daily** **A La Carte Beverage Choices:** 4 oz 100% Juice (.50¢) 8 oz Fat Free Chocolate Milk (.50¢) 8 oz 1% Milk (.50¢) 8 oz Bottled Water (.50¢)

* USDA is an equal opportunity provider and employer.
* Menus are subject to change based on product availability.
* WG = whole grain

All meals come with choice of 8 oz. 1% milk or 8 oz. fat free chocolate milk