





September Cowherd Lunch Menu

MONDAY	TUESDAY	<u>WEDNESDAY</u>	THURSDAY	<u>FRIDAY</u>	
			 31 Pretzel with Cheese Sauce Fruit of the day/Seasonal Veggies 1% 	1 • Cheese Filled Breadsticks • Fruit of the Day/Seasonal Veggies • 1% white Milk	Middle School Lunch is served daily with Fruit o the day and
4 <mark>No School</mark> Labor Day	5 • BBQ Rib Sandwich • Fruit of the Day/Seasonal Veggies • 1% White Milk	6 • Hot Dog • Fruit of the Day/Seasonal Veggies • 1% White Milk	 Popcorn Chicken Bowl Fruit of the Day/Seasonal Veggies 1% White Milk 	 8 Pizza Burger Fruit of the Day/Seasonal Veggies 1% White Milk 	Seasonal Vegetables Choice of Entré of the day, Colo Sandwich or Col Lunch containin
 4 Star Mac & Cheese Fruit of the Day/Seasonal Veggies 1% White Milk 	 12 Taco Tuesday Fruit of the Day/Seasonal Veggies 1% White Milk 	 13 Chicken Corn Dog Fruit of the Day/Seasonal Veggies 1% White Milk 	 14 Chicken Parmesan with Pasta Fruit of the Day/Seasonal Veggies 19(Millio Millio 	 15 Cheese Filled Breadsticks Fruit of the Day/Seasonal Veggies 1% White Milk 	Yogurt, Goldfisl & String Cheese 1% White Milk of Chocolate Milk offered Daily
18 • Brunch ~ Pancakes w/ Turkey Sausage • Fruit of the Day/Seasonal Veggies • 1% White Milk	 19 Taco Tuesday Fruit of the Day/Seasonal Veggies 1% White Milk 	 Spicy Chicken Tenders Fruit of the Day/Seasonal Veggies 1% White Milk 	21	 Sloppy Joe Fruit of the Day/Seasonal Veggies 1% White Milk 	Pizza & Chicker Patty Sandwich offered Daily
 WG Soft Hot Pretzels w/Cheese Fruit of the Day/Seasonal Veggies 1% White Milk 	 Taco Tuesday Fruit of the Day/Seasonal Veggies 1% White Milk 	 Hot Dog Fruit of the Day/Seasonal Veggies 1% White Milk 	 28 Grilled Cheese Sandwich Fruit of the Day/Seasonal Veggies 1% White Milk 	 29 Cheese filled Breadsticks Fruit of the Day/Seasonal Veggies 1% White Milk 	***Menu Subjection to Change**

In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, nationalorigin, sex, age, and disability.













