

SEPTEMBER 2022

BIRCHWOOD SCHOOL DISTRICT

LUNCH



Lunch Prices: Elementary \$2.70, Middle School \$2.85, High School \$2.95, Reduced \$.40, Adult \$4.65
 Second Entrée \$1.50 Milk \$.35
 This institution is an equal opportunity provider.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mini Corn Dogs
 Potato Smiles
 Fruit Variety
 Milk
 Frozen Yogurt

Macaroni and Cheese
 Steamed Peas
 Soft Pretzel Breadstick
 Fruit Variety
 Milk

**Labor Day
 No School**

Cheeseburger on
 WG Bun
 Baked Beans
 Tater Tots
 Fruit Variety
 Milk

Pizza
 Salad
 Cut Veggies/ Ranch
 Fruit Variety
 Milk

Brunch for Lunch
 French Toast Sticks
 Sausage Link
 Tri Taters
 Fruit Variety and Juice
 Milk

**Teacher Work Day/
 Volunteer Day**

Breaded Chicken Patty
 on WG Bun
 Roasted Potatoes
 Fruit Variety
 Milk

Softshell Tacos
 Fiesta Beans/Corn
 Tomato/Lettuce/Cheese
 Sour Cream
 Fruit Variety
 Milk

Cheese Tortellini with
 Red Sauce
 Steamed Broccoli
 Garlic Toast
 Fruit Variety
 Milk

Ham and Cheese Sub
 Cut Veggies
 Sunchips
 Fruit Variety
 Milk

Mozzarella Dippers
 Marinara
 Salad Bar
 Fruit Variety
 Milk

Spaghetti and Meat
 Sauce
 Texas Toast
 Green Beans
 Fruit Variety
 Milk

Cheese Quesadilla
 Peas
 Salsa/ Sour Cream
 Fruit Variety
 Milk

Chicken Alfredo Penne
 Steamed Broccoli
 Breadstick
 Fruit Variety
 Milk

BBQ Pulled Pork
 Baked Beans
 Corn
 Fruit Variety
 Milk

Garlic French Bread
 Salad Bar
 Fruit Variety
 Milk

Hotdog on
 WG Bun
 Baked Beans
 Potato Salad
 Fruit Variety
 Milk

Chicken Nuggets
 Dinner Roll
 Mashed Potatoes/Gravy/Corn
 Fruit Variety
 Milk

Macaroni and Cheese
 Soft Pretzel Breadstick
 Peas
 Fruit Variety
 Milk

Turkey and Cheese Sub
 Cut Veggies
 Sunchips
 Fruit Variety
 Milk

Deep Dish Pizza
 Salad Bar
 Fruit Variety
 Milk