



September

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... SEPT. 1				Breaded Pizza Burger Mozzarella Cheese Pizza Sauce Fresh Tomato/cucumber Slices Diced Peaches	PK-8 Tony's Pepperoni Pizza 9-12 Four Meat pizza Seasoned Garbanzo Beans Capri Blend Veg/Pepper strips Strawberries/Bananas Pudding Cup
Week of... SEPTEMBER 4 - 8	No School Labor Day	Hot Ham/Bun 6-12 Cheese Slice Seasoned Potato Wedges Tomato/Cucumber Slices Pineapple Tidbits Applesauce	Bacon Chicken Ranch Wrap 6-12 Flatbread Cheese/Lettuce Sliced Tomatoes/Salsa Seasoned Corn Crisp Apple Wedges Chocolate Brownie	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Peaches	Grilled Hot Dog/Bun 6-12 choice Cheddarwurst Oven Bkd Beans Baby Carrots Cauliflower Florets/dip Fresh Melon Mix
Week of... SEPTEMBER 11 - 15	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	Breaded Chicken Strips Whipped Potatoes Crisp Celery Stix Broccoli Florets Juicy Orange Wedges Fresh Bkd Cinn Breadstix	Tatertot Casserole Seasoned Corn Fresh Broccoli Florets Crunchy Baby Carrots Applesauce Fresh Bkd Dinner Roll	PK-3 Gr. Chicken Chez Melt 4-12 Gr.Chix Chez Flatbread Bkd FF/Tomato slices Pepper Strips Crisp Apple Wedges 6-12 Macaroni Salad	PK-8 Max Cheese Pizza 9-12 Big Dad's 4 Cheese pizza Pacific Blend Veggies Garbanzo Beans Diced Peaches WG Cookie
Week of... SEPTEMBER 18- 22	No School Teacher PD	Maidrite/ Bun Seasoned Corn Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Rice Krispy Bar	Chili / Fritos Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	Breaded Chicken Nugget Whipped Potatoes Crisp Radishes Crunchy Baby Carrots Mixed Fruit Fresh Bkd Cinn Breadstix	Pizza Crunchers Seasoned Green Beans Cauliflower Florets Diced Peaches Jello
Week of... SEPT. 25 - SEPT. 29	Turkey Cheese Deli Sub Sh. Lettuce/Tomato Slices Cowboy Salsa Juicy Orange Wedges Baked Doritos	Hamburger w/ Bun Cheese Slice Bkd French Fries Fresh Tomato/Cucumber Slices Applesauce	Popcorn Chicken Whipped Potatoes Fresh Broccoli Florets Crisp Radishes Mixed Fruit Fresh Bkd Cinn Breadstix	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Peaches Fruit Slushie	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Refried Beans Seasoned Rice Crisp Apple Wedges
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH

5 Daily LUNCH COMPONENT Requirements —

Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk

*Students must choose at least 3 of the 5 items offered, one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.