

SEPTEMBER 2021 Allendale Christian Middle School Menu

LUNCH



Lunch Prices: Free (until notified otherwise)
Staff/Adult Meals- \$3.80
Extra Entrée- \$1.15

** Menu items may change without notice due to produce availability



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



Labor Day

6

Choice 1: Mini Cinnamon Rolls, sausage, Fruitables, Potato Cubes, Fruit, Muffin

7

Choice 2: Stuffed Pizza Stick Bag

Choice 1: Hot Dog on Bun, Seasonal Veggies, Baked Beans, Fruit, Dessert

13

Choice 2: Nacho Bag

Choice 1: Dutch Waffles, Sausage, Potato Cubes, Fruitables Juice, Fruit, Muffin

14

Choice 2: Chicken Sandwich Bag

Choice 1: Corn Puppies, Green Beans, Seasonal Veggies, Fruit, Slushie

20

Choice 2: Stuffed Pizza Stick Bag

Choice 1: Chocolate Chip French Toast, Sausage, Hash Brown, Fruitables, Fruit, Muffin

21

Choice 2: "Uncrustables" Sandwich Bag

Choice 1: Chicken Nuggets, Green Beans, seasonal veggies, Sun Chips, Fruit, Pudding

27

Choice 2: Cocoa Puffs Bag

Choice 1: Apple Cinnamon Texas Toast, Sausage, Potato Cubes, Fruitables Juice, Fruit, Muffin

28

Choice 2: Chicken Sandwich Bag

Choice 1: Cheesy Pull Apart Bread, Broccoli, Marinara Sauce, Fruit, Pudding

1

Choice 2: Turkey & Cheese Sandwich Bag

Choice 1: Macaroni and Cheese, Green Beans, Garlic Breadstick, Seasonal Veggies, Fruit, Slushie

8

Choice 2: Bagel Bag

Grace Adventures

15

Choice 1: Pulled Pork Sandwich, Peas, Seasonal Veggies, Fruit, Crackers

22

Choice 2: Bagel Bag

World School Milk Day

29

Choice 1: Bosco Sticks, Bosco Sauce, Broccoli, Fruit, Crackers

Choice 2: Turkey & Cheese Sandwich Bag

Choice 1: "Sub-r-Way"- choose from Ham or Turkey w/ your choice of toppings. fruit, Sun Chips, Crackers

2

Choice 2: Lucky Charms Bag

Choice 1: "Fried" Chicken Drumstick (Bone In), Broccoli, Seasonal Veggies, Dinner Roll, Fruit, Crackers

9

Choice 2: "Uncrustables" Sandwich Bag

Grace Adventures

16

Choice 1: 3 Cheese Cavatappi, Garlic Breadstick, Broccoli, Seasonal Veggies, Fruit, Dessert

23

Choice 2: Breakfast Bag

Choice 1: Nachos- Chips, Taco Meat, Salsa, Cheese, Refried Beans, Spanish Rice, Romaine Lettuce, Fruit, Slushie

30

Choice 2: Stuffed Pizza Stick Bag

No School

Choice 1: Peppino's Pizza, Corn, Seasonal Veggies, Fruit, Dessert

10

Choice 2: Breakfast Bag

Grace Adventures

17

Choice 1: Peppino's Pizza, Corn, Seasonal Veggies, Fruit, Pudding

24

Choice 2: Nacho Bag

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