

# FOOD FUN

2022



# September

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>5</b>	Labor Day No School	<b>6</b>	Oven Baked Chicken Nuggets Brown Rice Steamed Corn Celery Sticks Fresh Orange	<b>7</b>	Chicken Patty on a Bun Oven Baked French Fries Baby Carrots Fresh Apple	<b>8</b>	Elbow Pasta with Meat Sauce or Marinara Sauce Steamed Broccoli Cucumber Slices Orange Wedges	<b>9</b>	Fresh Baked Cheese Pizza Steamed Carrots Tossed Garden Salad with Ranch Dressing Applesauce with Cinnamon
<b>12</b>	Hamburger, Cheeseburger or Veggie Burger Vegetarian Baked Beans Celery Sticks Fresh Apple	<b>13</b>	Oven Baked Popcorn Chicken Brown Rice Steamed Carrots Celery Sticks Orange Wedges	<b>14</b>	Brunch for Lunch! French Toast Sticks Scrambled Eggs Baked Potato Rounds Baby Carrots Fresh Banana	<b>15</b>	Homemade Macaroni & Cheese Steamed Mixed Vegetables Red Peppers Fresh Apple	<b>16</b>	French Bread Pizza Steamed Carrots Tossed Garden Salad with Low-Fat Ranch Dressing Applesauce with Cinnamon
<b>19</b>	Hot Dog Vegetarian Baked Beans Baby Carrots Fresh Apple	<b>20</b>	Oven Baked Chicken Tenders Brown Rice Steamed Corn Celery Sticks Fresh Orange	<b>21</b>	Fiesta Nachos Seasoned Turkey Baked Chips Shredded Cheese & Salsa Steamed Corn Black Bean Salad Fresh Banana	<b>22</b>	Penne Pasta with Meat Sauce or Marinara Sauce Steamed Green Beans Garbanzo Beans Orange Wedges	<b>23</b>	Fresh Baked Cheese or Veggie Pizza Steamed Carrots Tossed Caesar Salad Applesauce with Cinnamon
<b>26</b>	Rosh Hashanah No School	<b>27</b>	Rosh Hashanah No School	<b>28</b>	Pizza Sticks with Marinara Sauce Steamed Broccoli Baby Carrots Fresh Banana	<b>29</b>	Elbow Pasta with Meat Sauce or Marinara Sauce Steamed Broccoli Cucumber Slices Orange Wedges	<b>30</b>	Pizza Bagel Baked Potato Wedges Tossed Garden Salad with Low-Fat Italian Dressing Fresh Pear

**All Lunches Include Choice of:**  
Fruit, 100% Fruit Juice and Vegetable

**And:**

Skim Milk,  
1% Low-Fat Milk,  
or  
Skim Chocolate Milk,  
*\*Hormone Free\**  
*\*No High Fructose Corn Syrup\**

**Lunch Alternatives Available Daily:**

**Yogurt/Bagel Lunch**  
Yogurt, String Cheese, Bagel, Veggie & Fruit

**Boar's Head Sandwich Lunch**  
Turkey & Cheese,  
Ham & Cheese,  
Or Cheese  
with Veggie & Fruit

**Salad Lunch**  
Salad, Protein, & Fruit

## Welcome Back Byram Hills!

Menu analyzed by a Registered Dietitian,  
Bryan Bischof  
MS, RD

Menus are subject to change without notice.