

# September 2018

## Somis Union School

### LUNCH

Menu subject to substitution. All meals served with choice of 1% or nonfat TruMoo chocolate milk. Please let us know if your child has food allergies. Also please be sure to keep your child's accounts positive at all times. Thank you ☺



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This establishment is an equal opportunity employer.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Happy Labor Day **3**

Taco Bowls  
Refried Beans  
Fruit  
Milk **4**

BBQ Chicken Sandwich  
Fruit  
Veggies  
Milk **5**

Chicken Nuggets  
Fruit  
Baked Fries  
Milk **6**

Pizza Day!  
Veggies  
Fruit  
Dessert  
Milk **7**

Pulled Pork Sandwiches  
Fruit  
Veggies  
Milk **10**

Chicken and Gravy  
Mashed Potatoes  
Country Biscuit  
Fruit and Veggies  
Milk **11**

Hotdogs  
Beans  
Fruit  
Milk **12**

Chicken Stir Fry  
Rice and Veggies  
Fruit  
Milk  
Fortune Cookies **13**

Pizza Day!  
Veggies  
Fruit  
Dessert  
Milk **14**

BBQ Beef Sandwich  
Fruit  
Grahams  
Milk **17**

Baked Ziti  
Garlic Bread  
Veggies  
Fruit  
Milk **18**

Corndogs  
Baked Fries  
Fruit  
Milk **19**

Chicken Pot Pie  
Veggies  
Fruit  
Chocolate Pudding  
Milk **20**

Pizza Day!  
Veggies  
Fruit  
Dessert  
Milk **21**

Orange Chicken  
Rice Bowls  
Fruit  
Veggies  
Fortune Cookies  
Milk **24**

Grilled Cheese Sandwich  
Homemade Soup  
Fruit  
Milk **25**

Bean & Cheese Burritos  
Spanish Rice  
Salad w/dressing  
Fruit  
Milk **26**

Cheeseburgers  
Baked Fries  
Fruit  
Milk **27**

Pizza Day!  
Veggies  
Fruit  
Dessert  
Milk **28**

