


















September 2022 CMS 8-19-22

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SPV – Grape Tomatoes 5 Westside No School</p> <p>Labor Day</p>	<p>Read a Book Day 6</p> <p>Monster Bowl with Popcorn Chicken & Assorted WG Bread Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick with Assorted WG Bread Mashed Potatoes with Chicken Gravy Mixed Fruit</p>	<p>7</p> <p>Pizza Hut Pizza with Assorted WG Bread Or- Tuna Salad Croissant Or- Yogurt & Cheese Stick with Assorted WG Bread Fresh Broccoli Chilled Pears</p>	<p>8</p> <p>Macaroni & Cheese with a WG Soft Pretzel Or- Italian Hoagie   Or- Yogurt & Cheese Stick with a WG Soft Pretzel Mixed Vegetables Watermelon Farm to School</p>	<p>National Teddy Bear Day 9</p> <p>French Toast Sticks with a Sausage Patty Or- Turkey & Cheese Hoagie Or- Yogurt & Cheese Stick with Assorted WG Bread Sweet Potato Wedges Applesauce Chocolate Teddy Bear Grahams </p>
<p>SPV – Baby Carrots 12</p> <p>NATIONAL DAY OF ENCOURAGEMENT</p> <p>Corn Dog on a Stick (Chicken) Or- Sunbutter & Jelly Sandwich w/a Cheese Stick Or- Yogurt & Cheese Stick with Assorted WG Bread California Blend Vegetables Chilled Peaches <i>You can do it!!</i></p>	<p>Bald is Beautiful Day 13</p> <p>Meatball Sub with Mozzarella Cheese   Or- Turkey & Cheese Hoagie Or- Yogurt & Cheese Stick with a WG Soft Pretzel French Fries Banana</p>	<p>14</p> <p>Grilled Cheese Sandwich Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with A WG Ciabatta Roll Carrot Sticks Strawberries</p>	<p>15</p> <p>Baked Rotini Pasta w/Meat Sauce & Assorted WG Bread  Or- Italian Hoagie   Or- Yogurt & Sunflower Seeds with Assorted WG Bread Romaine Salad with Croutons Cantaloupe Farm to School</p>	<p>16</p> <p>Cheesy Nachos Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick with Assorted WG Bread Seasoned Black Beans Crisp Apple Farm to School</p>
<p>SPV – Grape Tomatoes 19</p> <p>Talk Like a Pirate Day, Rrr!</p> <p>Terrriyaki Chicken w/Brown Rice Or- Sunbutter & Jelly Sandwich w/a Cheese Stick Or- Yogurt & Cheese Stick w/Assorted WG Bread Steamed Carrrrrrrots Walk the Plank Pineapple Tidbits</p>	<p>20</p> <p>Crispy Chicken Parmesan Sandwich on a WG Bun Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick with a WG Soft Pretzel Garden Peas Chilled Pears</p>	<p>21</p> <p>Pizza Hut Pizza with Assorted WG Bread Or- Tuna Salad Croissant Or- Yogurt & Cheese Stick with Assorted WG Bread Iceberg Salad Mixed Fruit</p>	<p>First Day of Autumn 22</p> <p>Crispy Carnitas Tacos with a Lettuce & Cheese Cup  Or- Turkey & Cheese Hoagie Or- Yogurt & Sunflower Seeds with Assorted WG Bread Ranch Beans Watermelon Farm to School Cinnamon Churro Treat</p>	<p>23</p> <p>Turkey Cheese Bacon Melt Flatbread  Or- Roast Beef Sandwich  Or- Yogurt & Cheese Stick with Assorted WG Bread Fresh Broccoli Crisp Apple Farm to School</p>
<p>SPV – Baby Carrots 26</p> <p>National Pancake Day!</p> <p>WG Pancakes with a Sausage Patty Or- Sunbutter & Jelly Sandwich w/a Cheese Stick Or- Yogurt & Cheese Stick with Assorted WG Bread  Cinnamon Breakfast Yams Blueberries</p>	<p>27</p> <p>Walking Taco with Lettuce & Cheese  Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick With Assorted WG Bread Chili Beans Banana</p>	<p>28</p> <p>BBQ Chicken Drumstick with Assorted WG Bread Farm to School Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Mandarin Oranges WG Chocolate Chip Cookie</p>	<p>29</p> <p>Cheeseburger on a WG Bun  Or- Italian Hoagie   Or- Yogurt & Sunflower Seeds with Assorted WG Bread French Fries Cantaloupe Farm to School</p>	<p>30</p> <p>Turkey Pot Pie with a WG Biscuit Or- Turkey & Cheese Hoagie Or- Yogurt & Cheese Stick with a WG Biscuit Mixed Vegetables Crisp Apple Farm to School </p>

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product **WG** = Whole Grain
Please note: Menus are subject to change based on product availability. Please visit <https://westsidecommunityschoolsne.mealviewer.net/#home> for the most up-to-date menus.
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