

September 2017 Ben Milam Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with all meals, Juice is served at breakfast only, 2 days a week.	All meals are subject to change without prior notice due to availability of product				1	2
3	4 LABOR DAY	5 banana mini loaf, juice, milk Popcorn chicken, mashed potatoes, gravy, sliced carrots, bread, celery sticks, fruit and fat free ranch	6 pancake on a stick, fruit, milk Beef burrito, <u>pinto beans</u> , tomatoes, shred romaine, fruit, milk	7 waffles, juice, milk Hamburger on bun, shred lettuce, tomatoes, pickles, chips, fruit, mustard, fat free mayo, milk	8 cereal, honey grahams, fruit, milk Cheese pizza, corn, <u>garden salad</u> , fruit, ff ranch, milk	9
10	11 chocolate muffin, milk, fruit Chili/cheese dogs, veggie beans, baby carrots, fruit, chips, fat free ranch, milk	12 sausage roll, juice, milk Pepperoni pizza, corn, <u>garden salad</u> , fruit, ff ranch, milk	13 pancakes, fruit, milk Chicken tenders, brown rice, gravy, mixed vegetables, celery sticks, ff ranch, fruit, ketchup, milk	14 br pizza, juice, milk Breaded chicken burger on bun, tater smiles, shred lettuce, tomatoes, fruit, mustard, ketchup, ff mayo	15 cereal, Scooby doo crackers, fruit, milk Beef nachos, chips, <u>pinto beans</u> , Shred romaine, tomatoes, ff ranch, fruit, milk	16
17	18 pancake on a stick, juice, milk Fish sticks, tater smiles, green beans, garlic toast, fruit, ketchup, milk	19 chocolate chip muffin, milk fruit Steak fingers br, rice , gravy, <u>pinto beans</u> , sliced carrots, fruit, ketchup, milk	20 waffle, fruit, milk Baked potato, ham/cheese, shred romaine, tomatoes, fruit Butter, crackers, milk	21 br pizza, juice, milk Cheese burger, shred lettuce, tomato, tater smiles, fruit, mustard, ketchup ff mayo, pickle chips,	22 cereal, honey grahams, fruit, milk Cheese pizza, corn, <u>garden salad</u> , fruit, ff ranch, milk	23
24	25 biscuit/sausage, milk juice, Corn dogs, mac/cheese, peas & carrots, celery sticks, mustard, ketchup, ff ranch, milk	26 bagels, fruit, milk Ham/cheese hoagie, pickle chis, baby carrot and celery sticks , fruit, mustard, ff mayo, chips, ff ranch, milk	27 sausage roll, fruit, milk Soft tacos, <u>pinto beans</u> , shred romaine, tomatoes, fruit, salsa, milk, ff ranch	28 banana mini loaf, juice, milk Hamburger shred lettuce, tomato, pickle, chips, fruit mustard, ff mayo, milk	29 cereal, Scooby doo, milk fruit, Pepperoni pizza, corn, <u>garden salad</u> , fruit, ff ranch, milk	30