

**The Hawkswood School - Lunch**

September 1 - September 29

*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  NO SCHOOL
4  <b>LABOR DAY</b>	5 All Beef Hamburger on a Wheat Bun-1 Diced Carrots-1 c. Fresh Apple-1 Milk-8 oz.	6 Turkey Meatball Sub-3 oz. Broccoli Florets-1 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	7 Turkey Breast on a Whole Grain Potato Bun-2.5 oz. Hot Cauliflower Florets-1 c. Fresh Orange-1 Milk-8 oz.	8 Grilled Teriyaki Chicken Bites-3.5 oz. Mashed Potatoes-1 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.
11 Chicken Fingers-3.3 oz. Butternut Squash-1 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	12 <b>TACO TUESDAY</b> Beef Taco's w/ Shredded Cheddar Cheese-4 oz. Refried Beans-1 c. Soft Taco Shells-2 Fresh Banana-1/Milk-8 oz.	13 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1 c. Fresh Pear-1 Wheat Dinner Roll Milk-8 oz.	14 Chicken Parmigiana-3 oz. Broccoli Florets-1 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	15 Cheese Pizza-5 oz. Hot Cauliflower Florets-1 c. Fresh Orange-1 Milk-8 oz.
18 Grilled BBQ Chicken Bites-3.5 oz. Diced Carrots-1 c. Whole Grain Bread Fresh Banana-1 Milk-8 oz.	19 Chicken Fingers-3.3 oz. Vegetarian Beans-1 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	20 Swedish Turkey Meatballs-3 oz. Mashed Potatoes-1 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	21 Sliced Chicken Breast on a Wheat Bun-2.5 oz. Hot Cauliflower Florets-1 c. Fresh Orange-1 Milk-8 oz.	22 Grilled Teriyaki Chicken Bites-3.5 oz. Broccoli Florets-1 c. Whole Grain Bread Fresh Banana-1 Milk-8 oz.
25 Breaded Chicken Patty on a Wheat Bun-3 oz. Butternut Squash-1 c. Fresh Apple-1 Milk-8 oz.	26 <b>TACO TUESDAY</b> Beef Taco's w/ Shredded Cheddar Cheese-4 oz. Refried Beans-1 c. Soft Taco Shells-2 Fresh Banana-1/Milk-8 oz.	27 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1 c. Wheat Dinner Roll Fresh Pear-1 Milk-8 oz.	28 Turkey Meatball Sub-3 oz. Broccoli Florets-1 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	29 Cheese Pizza-5 oz. Hot Cauliflower Florets-1 c. Fresh Orange-1 Milk-8 oz.