

September 2020

Walnut Ridge School

LUNCH



This school is an equal opportunity provider

Menus are subject to change



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

No School

Fish Sticks
Mac & Cheese
Black Eyed Peas
Asst Fruit/Fresh Fruit
Milk
HS Pizza Stick/Coleslaw

Chicken Sandwich
Baked Fries
Carrots/Celery Cup
Pickle Spears
Asst Fruit/Fresh Fruit
Milk
HS Spicy Chicken Sandwich

Spaghetti
Garlic Bread Stick
Corn
Salad/ Ranch
Asst Fruit/Fresh Fruit
Milk
HS Burrito

Cheese Pizza
Spring Salad/Ranch
Great Northern Beans
Asst Fruit/Fresh Fruit
Milk
HS Crisptos

No School
Labor Day Holiday

Chicken Nuggets
Mashed Potatoes
Carrots/Broccoli
Asst Fruit/Fresh Fruit
Milk
HS Ham Sandwich

Cheeseburger
Spicy Fries
Lettuce/Tomatoes/Pickles
Asst Fruit/Fresh Fruit
Milk
HS Hot Dog

Chicken & Noodles
Crackers
Black-Eyed Peas
Asst Fruit/Fresh Fruit
Milk
HS Corn Dog

Pepperoni Pizza
Corn
Spinach Salad/Ranch
Asst Fruit/Fresh Fruit
Milk
HS Crisptos

Chicken Strips
Candied Sweet Potato
Green Beans
Roll
Asst Fruit/Fresh Fruit
Milk
HS Ham Sandwich

Chicken Fajita
Pinto Beans
Lettuce/Cheese/Salsa
Asst Fruit/Fresh Fruit
Milk
HS Pizza Stick/Red Peppers

Sausage Egg & Biscuit
Tater Tots
Grape Jelly
Asst fruit/Fresh Fruit
Milk
HS Breakfast Pizza

Mini Corndogs
BBQ Chips
Black-Eyed Peas
Asst Fruit/Fresh Fruit
Milk
HS Grilled Chicken Sandwich

Cheese Stuffed Crust Pizza
Spinach Salad/Ranch
Corn
Asst Fruit/Fresh Fruit
Milk
HS Crisptos

Chicken Rings
Mashed Potatoes
Steamed Broccoli
Asst Fruit/Fresh Fruit
Milk
HS Turkey Sandwich

Taco Salad
Pinto Beans
Lettuce/Cheese/Salsa
Asst Fruit/Fresh Fruit
Milk
HS Chicken Sandwich

Cheeseburger
Baked Fries
Lettuce/Tomato/Pickles
Asst Fruit/Fresh Fruit
Milk
HS Hot Dog

Chicken Spaghetti
Crackers
Carrots/Celery Sticks
Asst Fruit/Fresh Fruit
Milk
HS Burrito

Sausage Pizza
Corn
Spring Mix Salad/Ranch
Asst Fruit/Fresh Fruit
Milk
HS Crisptos

Chicken Nuggets
Twice Baked Potato
Green Beans
Asst Fruit/Fresh Fruit
Milk
HS Turkey Sandwich

BBQ Sandwich
Baked Beans
Carrots/Celery Sticks
Slaw
Asst Fruit/Fresh Fruit
Milk
HS Corndog

Hoagie Sandwich
Baked Fries
Lettuce/Tomato/Pickle Spear
Asst Fruit/Fresh Fruit
Milk
HS Ham&Cheese Hot Pocket

