

SEPTEMBER | 2021



Jefferson & Kennedy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 NO SCHOOL LABOR DAY	31 Garlic Cheese Bread Green Beans Strawberries Variety of Milk NO ALTERNATE	1 Hot Dog on WG Bun Baked Beans Applesauce Variety of Milk NO ALTERNATE	2 Ham & Cheese Deli Sandwich Baby Carrots Fresh Fruit Pretzel Twists Variety of Milk NO ALTERNATE	3 NO SCHOOL
6 NO SCHOOL LABOR DAY	7 Soft Shelled Tacos Shredded Romaine Shredded Cheese Refried Beans Sliced Pears Variety of Milk ALT: Yogurt Plate	8 Cheese Filled Breadsticks Pizza Dipping Sauce Steamed Corn Mixed Fruit Variety of Milk Alt: Hot Dog on WG Bun	9 Chicken Drumstick Mashed Potatoes w/ Gravy Sliced Carrots Berry Fruit Cup WG Biscuit Variety of Milk Alt: Chicken Nuggets	10 Big Daddy's Pizza Fresh Broccoli & Celery Diced Peaches Slushy Cup Variety of Milk Alt: Deli Sandwich on WG Bun
13 Chicken Tenders Potato Rounds California Blend Vegetables Pineapple Tidbits Variety of Milk Alt: Cheese Pizza	14 Nacho Supreme Shredded Romaine Fiesta Bean Bake Banana Variety of Milk Alt: Yogurt Plate	15 Cheeseburger on WG Bun Peas & Carrots Apple Slices Goldfish Crackers Variety of Milk Alt: Hot Dog on WG Bun	16 Macaroni & Cheese Steamed Peas Applesauce Pretzel Roll Variety of Milk Alt: Chicken Nuggets	17 Calzone Fresh Cauliflower & Broccoli Diced Pears Fruit Snack Variety of Milk Alt: Deli Sandwich on WG Bun
20 Popcorn Chicken Sweet Potato Fries Broccoli Diced Peaches Variety of Milk Alt: Cheese Pizza	21 Chicken Tacos Shredded Romaine Shredded Cheese Refried Beans Berry Fruit Cup Variety of Milk Alt: Yogurt Plate	22 French Toast Sticks Sausage Warm Apple Slices 100% Orange Juice Variety of Milk Alt: Hot Dog on WG Bun	23 Beef & Noodles Steamed Corn Sliced Pears WG Biscuit Variety of Milk Alt: Chicken Nuggets	24 Pepperoni Pizza Baby Carrots Assorted Fresh Fruit WG Cookie Variety of Milk Alt: Deli Sandwich on WG Bun
27 Chicken Smackers Oven Baked Fries Sliced Carrots Mixed Fruit Variety of Milk Alt: Cheese Pizza	28 Mini Corn Dogs Seasoned Pasta Broccoli Strawberries Variety of Milk Alt: Yogurt Plate	29 Chicken Patty on WG Bun Baked Beans Diced Pears Pretzel Twists Variety of Milk Alt: Hot Dog on WG Bun	30 Homemade Goulash Green Beans Sliced Peaches WG Garlic Toast Variety of Milk Alt: Chicken Nuggets	1

News

Lunch is Free to all students!!

Adult Price - \$ 3.75

Foodservice reserves the right to change the menu without notice

Questions concerning the menu please contact

Keri Carlson
231-398-3695

kcarlson@manistee.org

Condiments may include:

Low Fat/RC Ranch, RF French, Mustard, Ketchup, Relish, Tartar Sauce, or BBQ Sauce

Free and Reduced lunch applications may be filled out online at

www.lunchapp.com

This institution is an equal opportunity provider