

TARGET RANGE

LUNCH

September 2019



Menu Subject to Change w/o Notice

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL TODAY, SEE YOU IN THE MORNING Salad Bar Opens Tomorrow!!	3 BBQ Rib Sandwich, Cowboy Baked Beans, Creamy Coleslaw, Peaches or Pears	4 Toasted Grilled Cheese, *Awesome Tomato-Basil Soup, Give Peas A Chance, Juicy Grapes	5 Breakfast-4-Lunch, Starring: Pancakes, Sausage Links, Tri-Tators, Crisp Carrots, Juice	6 Tasty Calzones w/Marinara Overboard, *<> Minestrone Soup, <> Summer's Harvest Salad, Polar Blueberries
9 *Inviting Chicken Noodle Soup, PBJ!!, <> Stop Light Veggie Cup & Dip, Juice	10 Tiger's Cheese Pizza, Romaine Calm Salad, <> Diversity Carrots & Dip, <> Apple	11 Chicken Alfredo w/a Twist, <> Delectable Brownie, Juicy Green Beans, Strawberries	12 *Taco Soup, Tostito Scoops, Succulent Sweet Corn, Refreshing Melon	13 Chicken Parmesan & Noodles with Robust Marinara, Caesar Salad, Fruit Explosion
16 Crisp Chicken Leg, Baked Potato, Broccoli Trees & Dip, Garlic Bread, <> Apple	17 "You Asked For It" Mac-n-Cheese, Pretzel & Dip, Say "Yes" Peas, Juice	18 Cinnamon Rolls, *Hearty Beef Chili, Juicy Sweet Corn, <> Crisp Carrots, Fruity Pears	19 Chicken & Waffles, <> Treasure State Kale Salad, Seasoned Fries, Peaches	20 "Slammin" Burger, Sweet-Sweet Fries, Romaine Calm Salad, Yummy Grapes
23 French Bread Pizza, <> Garden Salad, Carrot Sticks & Dip, Fruit Cup	24 Tiger Nacho's, Black Bean Corn Salsa, Refried Beans, Cheese Stick, Cucumber Coins, Juice	25 Enticing Italian Pasta Bake, <> Doc's Chocolate "Zucci" Cake, Caesar Salad, Refreshing Melon	26 Teriyaki Chicken Brown Rice Bowl, Egg Roll, Fortune Cookie, Asian Cucumber Salad, Mandarin Orange Cup	27 Quesadillas, *<> Chicken Tortilla Soup, Mixed-Up Veggies, <> Apple
30 Prairie Dog, Seasoned Fries, Celery & Carrot Dippers, Smooth Applesauce Cup		Salad Bar is an option for 4 th -8 th . The cost is the same for either hot lunch OR salad bar.	*Soup is offered on salad bar on days we serve it with hot lunch. !! Substitutions for Allergies	<>Contains MT produce or local

Kale is this month's Harvest of the Month. Did you know...

- Kale is packed full of nutrients. One cup of raw kale contains 684% of the recommended daily value of vitamin K, an essential nutrient that helps blood clotting. Kale is also an excellent source for vitamins A and C and provides calcium and iron.
- Kale has been grown for more than 6000 years and is in the brassica family along with bok choy, collards, and broccoli.
- **STUDENT LUNCH** \$2.65
- **REDUCED** \$.40
- **GUEST/STAFF** \$3.55
- **HOT + SALAD BAR** \$4.55

