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NTCA SEPTEMBER LUNCH MENU

(10 Day Menu Cycle)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 Beef Hot Dog Whole grain bun Baked beans Fruit Milk	5 Baked Chicken Drumstick Brown rice Spinach Fruit Whole wheat bread Milk	6 Mac & Cheese Green Beans Whole grain bread Fruit Milk	7 Turkey & Cheese Sandwich Whole grain bun Steamed carrots Fruit Milk
10 Hamburger Whole wheat bun Whole kernel corn Fruit Milk	11 BBQ Chicken on a Whole grain bun Baked beans Fruit Milk	12 Spaghetti w meat sauce Sweet peas Whole grain Fruit Milk	13 Sliced Turkey Ham Mashed potatoes Steamed carrots Whole grain carrots Fruit Milk	14 Pizza or Pizza dippers Romaine salad w Italian dressing Fruit Milk
17 Chicken Patty Whole grain bun Mixed vegetables Fruit Milk	18 Beef Hot Dog Whole grain bun Vegetarian beans Fruit Milk	19 Baked Chicken Drumstick Brown rice Spinach Whole wheat bread Fruit Milk	20 Mac & Cheese Green beans Whole wheat bread Fruit Milk	21 Turkey & Cheese Sandwich Whole grain bun Steamed carrots Fruit Milk
24 Hamburger Whole wheat bun Whole kernel corn Fruit Milk	25 BBQ Chicken on a Whole grain bun Baked beans Fruit Milk	26 Spaghetti w meat sauce Romaine salad w Italian dressing Whole wheat bread Fruit Milk	27 Sliced Turkey Ham Mashed potatoes Steamed carrots Fruit Milk	28 Pizza or pizza dippers Sweet peas Fruit Milk