



NTCA LUNCH – September 2019



7th & 8th grade **ONLY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 30 Cheese Pizza Romaine salad w/salad dressing Fruit Milk	3 Beef Hot on w/g bun Vegetarian beans Fruit Milk	4 Chicken Nuggets Rice Steamed Broccoli Fruit Milk	5 Spaghetti w/ meat sauce, sweet peas, w/g bread Fruit Milk	6 Turkey & Cheese on w/g bread w/ romaine lettuce leaf, tomatoes Carrots Fruit Milk
9 Sloppy Jo on w/g bun Whole kernel corn Fruit Milk	10 Chicken Tetrazzini Green Beans w/g bread Fruit Milk	11 Mac & cheese Spinach w/g bread Fruit Milk	12 BBQ Baked Chicken Vegetarian Beans Coles Fruit Milk	13 Cheese Pizza Fresh carrots Fruit Milk
16 Turkey meatballs w/gravy mashed potatoes w/g roll Fruit Milk	17 Beef Hot on a w/g bun Vegetarian beans Fruit Milk	18 Chicken Nuggets Rice Steamed Broccoli Fruit Milk	19 Spaghetti w/ meat sauce, sweet peas, w/g bread Fruit Milk	20 Turkey & Cheese on w/g bread w/ romaine lettuce leaf, tomatoes Carrots Fruit Milk
23 Sloppy Jo on a w/g bun Whole kernel corn Fruit Milk	24 Chicken Tetrazzini Green Beans w/g bread Fruit Milk	25 Mac & cheese Spinach w/g bread Fruit Milk	26 BBQ Baked Chicken Vegetarian Beans Coles Fruit Milk	27 Cheese Pizza Fresh carrots Fruit Milk
30 Turkey meatballs w/gravy Mashed potatoes w/g roll Fruit Milk				

1% Low-fat milk or fat-free chocolate milk is served with every meal
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