

Lunch / Matoaca Middle

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Glazed Chicken Drumstick w/ Dinner Roll Pizza Munchable <small>may contain Pork</small> Glazed Sweet Potatoes Side Spinach Salad Assorted Fresh Fruit Assorted Cupped Fruit Sidekicks Frozen Cup Assorted Milk	Student & Staff Holiday
5	6	7	8	9
Student & Staff Holiday	Chicken & Waffle Basket Harvest Entree Salad w/ Dinner Roll Au Gratin Potatoes Assorted Fresh Veggies Assorted Fresh Fruit Assorted Cupped Fruit Assorted Juice Assorted Milk	Spaghetti w/ Meatsauce w/Garlic Breadstick Fresh Deli Sub Deli Wrap Green Beans Mini Tossed Salad Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk	General Tso's Chicken Fluffy Rice Turkey & Cheese Munchable Steamed Broccoli Orange Medley Veg. Juice Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk	Cheese Pizza Pepperoni Pizza Yogurt w/Granola Steamed Corn Assorted Fresh Veggies Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk
12	13	14	15	16
Chicken Filet Sandwich Spicy Chicken Sandwich Yogurt w/Granola Glazed Carrots Assorted Fresh Veggies Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk	Taco on Tortilla Entree Cheese Satad w/ Dinner Roll Zesty Refried Beans Mini Broccoli Salad Assorted Fresh Fruit Assorted Cupped Fruit Assorted Juice Assorted Milk	Sausage Pork Patty (Lunch) French Toast w/ Fresh Deli Sub Deli Wrap Steamed Corn Baby Carrots Spiced Apples Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk	Macaroni & Cheese w/Garlic Breadstick Turkey & Cheese Munchable Steamed Broccoli Mini Broccoli Salad Assorted Fresh Fruit Assorted Cupped Fruit Assorted Juice Assorted Milk	Corn Dog Nuggets Yogurt w/Granola Steamed Peas Baby Carrots Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk
19	20	21	22	23
Cheeseburger Yogurt w/Granola Crispy French Fries Assorted Fresh Veggies Assorted Fresh Fruit Fresh Fruit, Pears Assorted Cupped Fruit Assorted Milk	Mandarin Orange Chicken Fluffy Rice Asian Chicken Salad w/ Dinner Roll Steamed Broccoli Side Spinach Salad Assorted Fresh Fruit Assorted Cupped Fruit Assorted Juice Assorted Milk	Chili & Cheese Nachos Chili Hatch Queso Cheese Sauce Fresh Deli Sub Deli Wrap Baby Carrots Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk	Glazed Chicken Drumstick w/ Dinner Roll Pizza Munchable <small>may contain Pork</small> Glazed Sweet Potatoes Side Spinach Salad Assorted Fresh Fruit Assorted Cupped Fruit Sidekicks Frozen Cup Assorted Milk	Steak Tenders Whole Grain Biscuit Yogurt w/Granola Mashed Potatoes with Gravy Baby Carrots Assorted Fresh Fruit Assorted Cupped Fruit Assorted Juice Assorted Milk
26	27	28	29	30
Hot Dog Yogurt w/Granola Baked Beans Baby Carrots Assorted Fresh Fruit Assorted Cupped Fruit Assorted Juice Assorted Milk	Chicken & Waffle Basket Harvest Entree Salad w/ Dinner Roll Au Gratin Potatoes Assorted Fresh Veggies Assorted Fresh Fruit Assorted Cupped Fruit Assorted Juice Assorted Milk	Spaghetti w/ Meatsauce w/Garlic Breadstick Fresh Deli Sub Deli Wrap Green Beans Mini Tossed Salad Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk	General Tso's Chicken Fluffy Rice Turkey & Cheese Munchable Steamed Broccoli Orange Medley Veg. Juice Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk	Individual Cheese Pizza Yogurt w/Granola Steamed Corn Assorted Fresh Veggies Assorted Fresh Fruit Assorted Cupped Fruit Assorted Milk

Daily Milk Options Milk, 1% - Milk, Fat Free - Chocolate Milk, Skim

Fresh Fruit Options Apple - Orange - Banana - Pear

Cupped Fruit Options Applesauce, Assorted - Mixed Fruit - Peaches Sliced - Pears Diced - Pineapple Tidbits - Mandarin Oranges - Peach Cups - Strawberry Cups - Mixed Berry Cups

Condiments Ketchup - Mustard - Mayonnaise - BBQ Sauce 1oz cup - Ranch Dressing 1oz Cup - Buttermilk Ranch Fat Free 12g

View more: <http://schools.mealviewer.com/school/MatoacaMiddle>

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