

September 2019

PANGBURN SCHOOL

LUNCH



School Information: All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer. Milk is offered with every meal.



Nutrition Tip: *5th-12th [have a second entrée choice!](#)
 9th-12th [have a third entrée choice of pizza every day!](#)
 9th-12th [Ramen noodle bar every Wednesday!](#)



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL!
LABOR DAY!

Chicken fajita
[Mini corndogs](#)
Let/ tom/ slasa
Pinto beans/ Oranges
Wacky cake

Steak fingers / Roll
[Chicken tenders / Roll](#)
Mashed potatoes w/ gravy
Black eyed peas / Salad
Frozen fruit cup

Cheesy beefy nacho
[Pepperoni pizza](#)
Green beans
Tossed salad w/ ranch
Pineapple chunks

Deli turkey sandwich
[Cheese burger](#)
Steamed carrots
Let/ tom/ pickle
Popcorn / Fresh fruit cups

Mexican chicken
[Round pizza](#)
Mixed vegetable
Tossed salad w/ ranch
Orange wedges/ cookie

Mozzarella cheese bites
[Cheeseburger](#)
Baked beans
Raw vegetable strips w/ ranch
Diced pears

Cherry blossom chicken
[Polish sausage](#)
Rice
Red beans
Rosy applesauce/ fortune cookie

Frito pie
[Pizza Quesadilla](#)
Sweet potato crunch
Green beans
Strawberry cup

Chicken nuggets/star pretzel
[BBQ sandwich](#)
French fries/ H.S. chili ch. Fries
Cole slaw / pickle wedge
American flag frozen fruit cup

Chicken sandwich
[Cheeseburger](#)
Sweet potato fries
Let/ tom/ pickle
Fresh fruit cup

Baked ham/mac&chee.
[Pizza cheese crunchers](#)
Black eyed peas
Cornbread
Frozen fruit cup

Mini corndogs
[Spicy chicken sandwich](#)
Pinto beans
Steamed carrots
Mixed fruit / Cookie

Sausage / Eggs
[Popcorn chicken](#)
Hash browns
Biscuit & gravy
Red bell pepper strips/ Juice

Crispito / string cheese
[Chicken tenders](#)
Hot roll
Green beans
Pineapple chunks

Corndog
[Mozzarella cheese bites](#)
Pinto beans
Corn on cob
Mixed fruit

Beef burrito
[Chicken drummies](#)
Green beans
Steamed carrots
Apple wedges w/ caramel

Popcorn chicken / Hot roll
[Pepperoni pizza](#)
Steamed broccoli W/ cheese
Tossed salad w/ ranch
Diced pears

Chili in cornbread bowl
[French bread pizza](#)
Raw vegetable strips w/ ranch
Cinnamon rolls
Frozen fruit cup

Hotdog
[Hamburgers](#)
French fries
Cole slaw / fresh fruit cup
Rice krispy treat

Sausage pizza
[Chicken tenders/ bread](#)
Mixed vegetables
Tossed salad w/ ranch
Apple w/ caramel / cookie

