John R. Rodger Elementary Lunch Menu – September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
7 No School	8 Beef Taco OR Chicken Nugget Salad Fiesta Corn and Black Bean Salad Lettuce and Tomato Cup Apple Juice Dice Pears Welch Slushies	9 Popcorn Chicken OR Taco Salad Mashed Potatoes w/Gravy Fresh Carrots Mixed Berry Cup Banana Dinner Roll	10 Hamburger OR Ham and Cheese Salad Sweet Potato Fries Baked Beans Fresh Apple Diced Peaches Raspberry Lemon Slushies	11 Big Daddy's Pizza OR Chicken Nugget Salad Fresh Green Pepper Slices Fresh Carrots Diced Pears Fresh Grapes
14 Bosco Sticks OR Ham and Cheese Salad Corn French Fries Mixed Berry Cup Fresh Apple	15 Walking Taco OR Chicken Nugget Salad Cheesy Beans Corn Salad Strawberry Cup Banana	16 General Tso Chicken w/ Rice OR Taco Salad Stir Fry Vegetables Fresh Carrots Peach Cup Apple Cinnamon Slices Cinnamon Crisp Crackers	17 Ravioli Garlic Bread Stick OR Ham Salad Spinach Salad Green Beans Mixed Berry Cup Fresh Apple	18 Chicken Alfredo OR Chicken Nugget Salad Peas Broccoli Diced Peaches Banana
21 Philly Cheese Steak OR Ham and Cheese Salad Mixed Vegetables Sweet Potato Fries Applesauce Fresh Orange	22 Beef and Cheese Nachos OR Chicken Nugget Salad Cheesy Beans Side Salad Mixed Berry Cup Fresh Pear	23 Chicken Drummies OR Taco Salad Corn Baked Bean Fresh Apple Mixed Berry Cup Biscuit	24 Ham and Cheese Sandwich OR Chicken Nugget Salad Fresh Broccoli Fresh Carrots Assorted Juice Fresh Orange	25 Big Daddy's Pizza OR Ham Salad Fresh Green Pepper Slices Fresh Carrots Diced Pear Fresh Grapes
28 Chicken Nuggets OR Ham Salad Fresh Green Pepper Slices Fresh Carrots Mandarin Oranges Apple Sauce Country Biscuit	29 Chicken Quesadilla OR Chicken Nugget Salad Celery Sticks Side Salad Fresh Apple Mixed Berry Cup	30 Cheese Calzone OR Taco Salad Corn Fresh Broccoli Strawberry Cup Banana		Student must choose 3 of the 5 components offered, one of them being a fruit or vegetable to be considered a complete Lunch

Alternate: PB&J offered daily

Student Lunch Price: $2.85 Full; $0.40 Reduced; $0.50 Milk. Milk Choices offered daily are Skim White, 1% White, 1% Chocolate. **Adult Lunch Price:** $4.19

Menu is subject to change without notice.

Questions or comments? Please call Lori Lighthart, Director of Food Services at (231) 533-8141, x.1127.

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