



SEPTEMBER | 2017

COMMONWEALTH ACADEMY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO SCHOOL HOLIDAY WEEKEND
4 NO SCHOOL HOLIDAY	5 CHEESE BURGER ON HAMBURGER BUN OVEN FRIES LETTUCE & TOMATO FRESH FRUIT (ORANGES) KETCHUP /MUSTARD/ MAYONNAISE /RANCH ASSORTED MILK	6 CHICKEN NUGGET MASHED POTATO BROCCOLI DINNER ROLL DICED PEARS BBQ SAUCE RANCH ASSORTED MILK	7 BEEF TACO'S ON TORTILLA PIECES LETTUCE & TOMATO SALSA BROWN RICE APPLE SAUCE CUPPED FRUIT TACO SAUCE RANCH ASSORTED MILK	8 PIZZA WHOLE KERNEL CORN LETTUCE & TOMATO SALAD FRUIT JUICE OR SLICED APPLES ASSORTED MILK
11 SLOPPY JOE OVEN FRIES TOSSED SALAD CUPPED FRUIT OR FRUIT JUICE ASSORTED MILK	12 DICED CHICKEN W/GRAVY BROWN RICE BROCCOLI DINNER ROLL FRESH FRUIT ASSORTED MILK	13 SALISBURY STEAK W/GRAVY MASHED POTATOES GREEN BEANS DINNER ROLLS CUPPED FRUIT ASSORTED MILK	14 CHICKEN PATTY ON W/GRAIN BUN OVEN FRIES TOSSED SALAD FRUIT JUICE ASSORTED MILK	15 PIZZA WHOLE KERNEL CORN LETTUCE & TOMATO FRUIT JUICE OR SLICED APPLES ASSORTED MILK
18 CHICKEN TACO ON TORTILLA PIECES MEXICAN RICE REFRIED BEANS TOSSED SALAD FRESH FRUIT ASSORTED MILK	19 CHEESEBURGER ON W/GRAIN BUN OVEN FRIES LETTUCE & TOMATO CUPPED FRUIT FRUIT JUICE ASSORTED MILK	20 SPAGHETTI W/GROUND BEEF GREEN BEANS ASSORTED COOKIES FRESH FRUIT ASSORTED MILK	21 WALKING TACO REFRIED BEANS LETTUCE & TOMATO CUPPED FRUIT OR FRUIT JUICE ASSORTED MILK	22 BOSCO STICK OVEN FRIES TOSSED SALAD FRESH FRUIT OR CUPPED APPLE SAUCE ASSORTED MILK
25 CHEESEBURGER ON W/GRAIN BUN OVEN ONION RINGS TOSSED SALAD FRUIT JUICE ASSORTED MILK	26 MEATBALLS W/ GRAVY BROWN RICE BROCCOLI CUPPED FRUIT WHOLE GRAIN DINNER ROLL ASSORTED MILK	27 PULLED PORK W/WHOLE GRAIN BUN BAKED BEANS TOSSED SALAD CUPPED FRUIT ASSORTED MILK	28 CHICKEN NUGGETS CHEESY POTATOES LETTUCE & TOMATO SALAD WHOLE GRAIN COOKIE FRUIT JUICE ASSORTED MILK	29 BOSCO STICKS MARINARA SAUCE WHOLE KERNEL CORN TOSSED SALAD APPLE SAUCE ASSORTED MILK

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