

September 2020

Vineland School District

LUNCH



Menu Subject to change without a notice.

*This institution is an equal opportunity provider.



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Roast Turkey Sandwich ¹
Mix Fruit
Power Punch Juice
Fat Free Chocolate Milk

Popcorn Chicken ²
Fruit Splash Rasels
Corn
Fat Free Chocolate Milk

Penne Bolognese ³
Dinner Roll
Pear
Tropical Twist Fruitable
Fat Free Chocolate Milk

Chicken Burger ⁴
Orange
Potato Wedges
Ketchup
Fat Free Chocolate Milk

⁷
NO SCHOOL

Bean & Cheese Burrito
Pear Cup
Tropical Twist
Fruitable ⁸
Fat Free Chocolate Milk

Pizza
Blueberries
Carrots
Fat Free Chocolate Milk

Chili Beans
Frito Corn Chips
Watermelon Rasels ¹⁰
Power Punch

Turkey Taco Nada ¹¹
Red Apple
Corn
Fat Free Chocolate Milk

Mac & Cheese ¹⁴
Bread Stick
Orange
Green Beans
Fat Free Chocolate Milk

Chicken Tenders ¹⁵
Nectarines
Power Punch Juice
BBQ Sauce
Fat Free Chocolate Milk

Cheeseburger Sliders
Mix Berry Cup
Avocado
Fat Free Chocolate Milk

Turkey and Gravy ¹⁷
Dinner Roll
Broccoli
Mash Potato

Chile Relleno Burrito
Green Apple
Power Punch Juice
Fat Free Chocolate Milk

Chicken Alfredo ²¹
Craisin Cherry
Broccoli
Fat Free Chocolate Milk

Chicken Tamal
Peach
Power Punch Juice
Fat Free Chocolate Milk

Meatball Sandwich
Apple Sauce Cup
Marinara Sauce Cup
Cucumber
Fat Free Chocolate Milk

Mandarin Chicken ²⁴
Bowl
Fruit Splash Rasels
Fat Free Chocolate Milk

Green Salsa Burrito
Red Apple
Salad
Fat Free Chocolate Milk

PB & Jelly Grape ²⁸
Orange
Jicama
Fat Free Chocolate Milk

Cheese Burger ²⁹
Red Apple
Potato Wedges
Mayonnaise
Fat Free Chocolate Milk

³⁰
Chef's Choice
Fat Free Chocolate Milk

