

SEPTEMBER 2019

Trotter Middle School

Food allergies:
Please ensure you child's school nurse and cafeteria managers are aware of any food allergies. Equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Hamburger/Cheesburger on WW Bun, BBQ Seasoned Wedges, Assorted Fruit. #2 PB-PBJ-PBF #3 Cereal Boat #4 Deli Bar or Deep Dish Pizza	4 Chicken and Cheese Quesadilla, Black Beans and Rice, Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 Spicy Chicken Patty	5 French Toast Sticks, Syrup, Sausage Patty, Tater Tots. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 Meatball Sub	6 Pizza Dippers, Marinara Sauce, Tossed Salad. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 BBQ Rib
9 Swedish Meatballs over Egg Noodles, Steamed Green Beans. Assorted Fruit. #2 PB-PBJ-PBF #3 Cereal Boat #4 Deep Dish Pizza or Chicken Caesar Salad	10 Mozzarella Sticks, Marinara Sauce, Italian Seasoned French Fries, Dinner Roll, Carrot Stick. Assorted Fruit. #2 PB-PBJ-PBF #3 Cereal Boat #4 Deli Bar or Deep Dish Pizza	11 Tangerine Chicken over Brown Rice, Steamed Broccoli. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 Spicy Chicken Patty	12 Early Release No Lunch Served	13 Original Pizza, Cheese or Pepperoni, Tossed Salad. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 BBQ Rib
16 Pretzel Lunch, Yogurt or Cheese Sticks, Carrot Coins. Assorted Fruit. #2 PB-PBJ-PBF #4 Deep Dish Pizza or Chicken Caesar Salad	17 Cheese Tortellini with Red Sauce, Garlic Knots, Steamed Green Beans. Assorted Fruit. #2 PB-PBJ-PBF #3 Cereal Boat #4 Deli Bar or Deep Dish Pizza	18 Chicken Nuggets, Dinner Roll, Baked French Fries, Steamed Corn. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 Spicy Chicken Patty	19 Grilled Cheese on WW, Tomato Soup, Chick Pea Salad. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 Meatball Sub	20 Sals' Pizza, Cheese or Pepperoni. Tossed Salad. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 BBQ Rib
23 Cherry Blossom Chicken over Brown Rice, Asian Vegetables. Assorted Fruit. #2 PB-PBJ-PBF #4 Deep Dish Pizza or Chicken Caesar Salad	24 Home Made Mac and Cheese, Dinner Roll, Seasoned Peas. Assorted Fruit. #2 PB-PBJ-PBF #3 Cereal Boat #4 Deli Bar or Deep Dish Pizza	25 Hamburger/Cheesburger on WW Bun, Sweet Potato Fries, Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 Spicy Chicken Patty	26 Hot Dog on WW Bun, BBQ Baked Beans, Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 Meatball Sub	27 Pizza Dippers, Marinara Sauce, Tossed Salad. Assorted Fruit. #2 PBJ-PBF #3 Cereal Boat #4 BBQ Rib
30 Rosh Hashanah				



Milk \$0.60 Main Lunch \$3.00 Deli and Salad Meal \$3.25 Adult Lunch \$3.85 plus tax
All meals must come with a fruit or vegetable. WW = Whole Wheat, RF = Reduced Fat