

TOWANDA AREA SCHOOL DISTRICT

September

Lunch Menu - E.S. & JAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All lunches include 1/2 pint of skim, 2% or 1% chocolate milk. *Menu is subject to change		Baked Macaroni & Cheese 1 Seasoned Mixed Vegetables Chilled Pears Soft Pretzel *Ham & Cheese Sandwich	Breakfast for Lunch 2 French Toast Sticks w/Syrup Sausage Patty Hash Browns Orange Juice *Hamburger on Roll	Shrimp Poppers 3 Chef Salad Watermelon Homemade Cinnamon Roll *PBJ Uncrustable
Labor Day No School	Cheeseburger on Roll 7 Potato Puffs Applesauce *Hot Dog on Roll	Chicken Parmesan 8 Buttered Noodles Green Beans Chilled Pears *Pork Rib Sandwich	Taco's w/Meat, Cheese, Lettuce & Tomatoes 9 Nacho's w/Cheese Sauce Chilled Pineapple *Turkey & Cheese Wrap	Stuffed Crust Pizza 10 Seasoned Peas Fresh Fruit *PBJ Uncrustable
Grilled Cheese Sandwich 13 Tomato Soup Mandarin Oranges Yogurt Cup *Egg Salad Sandwich	Chicken Nuggets 14 Mashed Potatoes Strawberry Shortcake w/Whipped Topping *Fish Munchies	Breadsticks w/Meat Sauce 15 Chef Salad Fresh Fruit *Bagel Sandwich	Cheese Steak Sandwich 16 Onion Rings Celery Sticks Chilled Fruit Cup *Bologna & Cheese Sandwich	Hot Ham & Cheese Sand 17 Seasoned Corn Chilled Peaches Fresh Baked Cookie *PBJ Uncrustable
Hot Dog on Roll 20 French Fries Cinnamon Applesauce Frozen Fruit Bar *Tuna Fish Sandwich	Grilled Chicken Sandwich 21 w/Lettuce & Tomato Carrot Sticks Fresh Fruit *Turkey Sandwich	Spaghetti w/Meat Sauce 22 Tossed Salad Chilled Pears Garlic Bread *Mozzarella Sticks/Sauce	Ham & Cheese Hoagie 23 w/Lettuce & Tomato Broccoli & Cauliflower Chilled Peaches *Chicken Patty on Roll	Stuffed Crust Pizza 24 Glazed Carrots Chilled Pineapple Strawberry or Orange Jell-O w/Whipped Topping *PBJ Uncrustable
Chicken Patty on Roll 27 Pierogies Fruit Cup Teddy Grahams *Cheese Steak Sandwich	Mozzarella Sticks w/Sauce 28 Seasoned Corn Mandarin Oranges Munchie Snack Mix *Fish Sandwich	Roast Turkey & Gravy 29 Mashed Potatoes Cinnamon Apples Homemade Roll *Popcorn Chicken	Sloppy Joe 30 Baked Potato w/Topping Fresh Fruit *Bologna & Cheese Sand	

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