

ZCSD SEPTEMBER 2021 LUNCH

		01	02	03
		HURRICANE IDA – NO SCHOOL		
06	07	08	09	10
LABOR DAY NO SCHOOL	Grilled Chicken Breast Pattie Scalloped Potatoes Tomato/Cucumber Salad Tossed Salad Fruit Choices	Backyard Burgers Burger Fixin's French Fries Baby Carrots w/Ranch Dressing Fruit Choices	Chicken Stew w/Rice Smothered White Beans Green Beans Fruit Choice Dinner Roll	Meatloaf Mashed Potatoes & Gravy Whole Kernel Corn Fruit Choices Dinner Roll
13	14	15	16	17
Mini Corn Dogs/Corn Dogs French Fries California Blend Veggies Fruit Choices Dinner Roll	Sloppy Joe on a Bun Baked Beans Tator Tots Fruit Choices	Breaded Chicken Pattie Mashed Sweet Potatoes Baby Lima Beans Fruit Choices Dinner Roll	Spaghetti /Meatballs/Sauce Tossed Salad Seasoned Spinach Fruit Choices Garlic Bread	Chicken Tenders Mac-A-Roni & Cheese Creamy Cole Slaw Steamed Broccoli Fruit Choices
20	21	22	23	24
Red Beans & Sausage White Rice Smothered Cabbage Broccoli Cauliflower Blend Fruit Choices Cornbread	Chicken Tacos Taco Fixin's Mexican Beans Mexicali Corn Fruit Choices	Hamburger Steak w/ Rice & Gravy Carrot Coins Tossed Salad Fruit Choices Dinner Roll	Baked Chicken Roasted Red Potatoes Steamed Broccoli Fruit Choices Dinner Roll	Pepperoni Pizza Tossed Salad Peas & Carrots Fruit Choices Milk Choices
27	28	29	30	
Turkey/Sausage Jambalaya Smothered Okra & Tomatoes Tossed Salad Fruit Choices Dinner Roll	Beefy Nacho w/Cheese Seasoned Black Beans Nacho Fixin's Corn Cobbett Fruit Choices	Waffles Chicken Tenders Hashbrowns Fruit Choices	Lasagna Tossed Salad w/Dressing Seasoned Greens Fruit Choices Garlic Rolls	Hot Dogs with Chili French Fries Mixed Veggies Fruit Choice
Students May Select The Following Items: Choice of 1 Entrée Choice of 1 Grain May Choose All Vegetables May Choose up to 2 Fruits Choice of Milk if desired		<ul style="list-style-type: none"> Students <i>MUST</i> choose at least ½ cup fruit or ½ cup vegetable. Students may decline 2 of the 5 food components. Milk is not required. Main entrees such as pizza and sandwiches count as a meat and a bread/grain. 		

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*****MENU SUBJECT TO CHANGE*****

*****MILK CHOICE OFFERED DAILY*****

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