

September 2015 Lunch - Covington-Douglas

Monday	Tuesday	Wednesday	Thursday	Friday
31-Aug	1	2	3	4
Rigatoni	Sweet and Sour Chicken	Pork Loin	Burrito Bowl	
Green Beans	Fried Rice	Roasted Potatoes	Chicken/Rice/Queso/Pinto Beans	
Breadstick	Steamed Broccoli	Roasted Carrots	Salsa	NO SCHOOL
Salad Bar/ Fruit	Salad Bar/ Fruit	Dinner Roll	Salad Bar/ Fruit	
Milk/Water	Milk/Water	Salad Bar/Fresh Fruit	Milk/Water	
		Milk/Water		
7	8	9	10	11
	Beef Taco	Deli Wrap	BBQ Chicken Flatbread	Grilled Hot Dog
	Beans & Rice	Italian Salad	Chips	Potato Salad
NO SCHOOL	Chips and Salsa	Carrot Sticks & Ranch	Cucumber Salad	Fruit
	Salad Bar/Fruit	Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar
	Water/Milk	Water/Milk	Water/Milk	Water/Milk
14	15	16	17	18
Corn Dogs	Chicken Wrap	Chicken Fajitas	Pulled Pork Sandwich	Pizza
Mac and Cheese	Chips	Rice & Beans	Roasted Potatoes	Caesar Salad
Green Beans	Carrot Sticks & Ranch	Chips and Salsa	Cookie	Carrot Sticks
Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar/ Fruit	Fruit/Salad Bar	Salad Bar/ Fruit
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
21	22	23	24	25
Spaghetti & Meat Sauce	Baked Potato Bar	Meatball Sub	Enchiladas	Chicken Sandwich
Green Beans	BBQ Chicken	Italian Salad	Rice & Beans	Sweet Potato Fries
Breadstick	Dinner Roll	Carrot Sticks	Chips and Salsa	Fruit
Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
28	29	30	1-Oct	2-Oct
Cajun Chicken Pasta	Chicken Fried Steak	Hot Ham & Cheese	Homemade Burrto	Pizza
Green Beans	Mashed Potato & Gravy	Chips	Beef/Rice/Beans	Caesar Salad
Breadstick	Dinner Roll	Carrot Sticks & Ranch	Pinto Beans, Chips & Salsa	Carrot Sticks
Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar/ Fruit	Salad Bar/ Fruit
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
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