



Cirrus Lunch Menu September 2022

Mon	Tue	Wed	Thu	Fri
			1	2
			Enriched Pizza 2 oz. Corn ½ c. Salad ½ c. Tomatoes ½ c. Fruit ½ c. Milk 1 c.	Cold Cut Sub 2 oz. Deli Meat 2 oz. Potato Salad ½ c. Veggie Dippers ½ c Fruit ½ c. Milk 1 c.
5	6	7	8	9
Labor Day	Asynchronous Day/Staff Planning No Students	WG Hotdog Bun 2 oz. Hot Dog 2 oz. Baked Beans ½ c. Coleslaw ½ c. Fruit ½ c. Milk 1 c.	Enriched Pizza 2 oz. Corn ½ c. Salad ½ c. Tomatoes ½ c. Fruit ½ c. Milk 1 c.	Cold Cut Sub 2 oz. Deli Meat 2 oz. Pasta Salad ½ c. Carrot Sticks 1 c. Fruit ½ c. Milk 1 c.
12	13	14	15	16
Mini Corndogs 2 oz. Green Beans ½ c. Celery ½ c. Ranch Fruit ½ c. Milk 1 c.	Taco Meat 2 oz. WW Grain 2 oz. Lettuce ½ c Tomato ¼ c. 2 pcs Black Bean salad ½ c. Salsa ½ c. Fruit ½ c. Milk 1 c.	WW Spaghetti w/ tomato sauce 2 oz. Green Beans ½ c. Garlic Bread 1 oz. Fruit ½ c. Milk 1 c.	Enriched Pizza 2 oz. Corn ½ c. Salad ½ c. Tomatoes ½ c. Fruit ½ c. Milk 1 c.	Cold Cut Sub 2 oz. Deli Meat 2 oz. Potato Salad ½ c. Pickle Spears ½ c. Fruit ½ c. Milk 1 c.
19	20	21	22	23
WG Hotdog Bun 2 oz. Hot Dog 2 oz. Baked Beans ½ c. Fruit ½ c. Milk 1 c.	Nacho Cheese 2 oz. WW Chips 2 oz. Black Bean salad ½ c. Salsa ½ c. Fruit ½ c. Milk 1 c.	Chicken 2 oz. & Waffle 2 oz. Steamed Broccoli ½ c Carrot ½ c. Fruit ½ c. Milk 1 c.	Enriched Pizza 2 oz. Corn ½ c. Salad ½ c. Tomatoes ½ c. Fruit ½ c. Milk 1 c.	Cold Cut Sub 2 oz. Deli Meat 2 oz. Pasta Salad ½ c. Celery ½ c. Fruit ½ c. Milk 1 c.
26	27	28	29	30
WG Bun 2 oz. Hamburger Pattie 2 oz. Baked Bean ½ c. Carrot Sticks 1 c. Fruit ½ c. Milk 1 c.	Taco Meat 2 oz. WW Grain 2 oz. Lettuce ½ c. Tomato ¼ c. 2 pcs Black Bean salad ½ c. Salsa ½ c. Fruit ½ c. Milk 1 c.	Chicken Teriyaki 2 oz. Rice ½ c. Peas & Carrots 1 c. Fruit ½ c. Milk 1 c.	Enriched Pizza 2 oz. Corn ½ c. Salad ½ c. Tomatoes ½ c. Fruit ½ c. Milk 1 c.	Cold Cut Sub 2 oz. Deli Meat 2 oz. Potato Salad ½ c. Celery Sticks ½ c. Fruit ½ c. Milk 1 c.

• Menu subject to change