

SEPTEMBER 2023

Belmont -Harrison Career Centers

LUNCH



School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE WITHOUT NOTICE



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day
NO SCHOOL

4

FIESTA PIZZA
CORN
REFRIED BEANS
FRUIT
MILK

5

LASGANA ROLL UP
SIDE SALADS
ROLL
FRUIT
MILK

6

BBQ SHREDDED PORK
SANDWICH
COLE SLAW
BAKED BEANS
FRUIT, MILK

7

BREAD STICKS
BROCCOLI AND
CHEESE
FRUIT
MILK

8

CHICKEN PATTY
SANDWICH
MIXED VEGETABLES
FRUIT
MILK

11

TACO IN A BAG
CORN
REFRIED BEANS
FRUIT
MILK

12

SPAGHETTI
SIDE SALADS
ROLL
FRUIT
MILK

13

PHILLY CHEESE STEAK
SUB
TATER TOTS
FRUIT
MILK

14

PIZZA
CALIFORNIA BLEND
FRUIT
MILK

15

RODEO BURGER
SANDWICH
ONION RINGS
CARROT STICKS AND
DIP FRUIT, MILK

18

QUESADILLA
CORN
REFRIED BEANS
FRUIT
MILK

19

CHICKEN ALFREDO
PEAS
FRUIT
MILK

20

TATER TOT CHILI
CHEESE BOWL
FRUIT
MILK

21

CALZONE
BROCCOLI AND
CHEESE
FRUIT
MILK

22

BACON CHEESE
BURGER
GREEN BEANS
FRUIT
MILK

25

FAHITA CHICKEN
WRAP
CORN,
REFRIED BEANS
FRUIT MILK

26

CHILI
CORN BREAD
CARROT STICKS AND
DIP
FRUIT, MILK

27

HOT CHICKEN
SANDWICH
MAC & CHEESE
FRESH VEGGIES AND
DIP, FRUIT, MILK

28

BREADSTICKS
CALIFORNIA BLEND
FRUIT
MILK

29