

SEPTEMBER | 2024

Belmont Harrison Career Centers



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 LABOR DAY	3 TACO IN A BAG CORN REFRIED BEANS FRUIT MILK	4 LASAGANA ROLL UP SIDE SALADS ROLL FRUIT MILK	5 BBQ SHREDDED PORK SANDWICH COLE SLAW BAKED BEANS FRUIT MILK	6 CALZONE BROCCOLI AND CHEESE FRUIT MILK
9 CHICKEN PATTY SANDWICH GREEN BEANS FRUIT MILK	10 FAHITA CHICKEN WRAP CORN, REFRIED BEANS FRUIT MILK	11 CHICKEN ALFREDO PEAS FRUIT MILK	12 MEATBALL SUBS POTATO SALAD FRUIT MILK	13 PIZZA CALIFORNIA BLEND FRUIT MILK
16 RODEO BURGER SANDWICH ONION RINGS CARROT STICKS AND DIP FRUIT, MILK	17 QUESADILLA CORN REFRIED BEANS FRUIT MILK	18 CHILI CORN BREAD CARROT STICKS AND DIP FRUIT, MILK	19 PHILLY CHEESE STEAK SUB TATER TOTS FRUIT MILK	20 BREAD STICKS BROCCOLI AND CHEESE FRUIT MILK
23 CHEESE BURGER GREEN BEANS FRUIT MILK	24 FIESTA PIZZA CORN REFRIED BEANS FRUIT MILK	25 SPAGHETTI SIDE SALADS ROLL FRUIT MILK	26 TATER TOT CHILI CHEESE BOWL FRUIT MILK	27 BREADSTICKS CALIFORNIA BLEND FRUIT MILK
30 CHILI DOG PARSLEY POTATOES FRUIT MILK	1	2	3	4

News

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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.