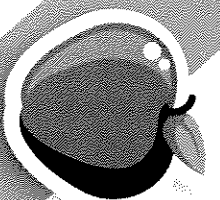


# SEPTEMBER | 2022

## Most Blessed Sacramento School Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1	2
<p><b>5</b> Labor Day No School</p>	<p><b>6</b> Chicken Sandwich on a bun Ketchup Hummus Baby Carrots Clementines Milk</p>	<p><b>7</b> PB &amp; J Uncrustable Seasoned Potato Wedges Ketchup Celery Sticks with Ranch Banana Milk</p>	<p><b>1</b> Chicken Walking Taco WG Doritos Lettuce and Cheese Refried Beans Applesauce Milk</p>	<p><b>2</b> Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p><b>12</b> Cheeseburger on a Bun Mustard and Ketchup Green Beans Baby Carrots with Ranch Pears Milk</p>	<p><b>13</b> French Toast Cheesy Potatoes Fruitable Syrup apple Milk</p>	<p><b>14</b> WG Pepperoni Calzone Steamed Carrots Broccoli Florets with Ranch Banana Milk</p>	<p><b>8</b> WG Beef Taco Stick Steamed Corn Fruitable Apple Sauce Milk</p>	<p><b>9</b> Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p><b>19</b> Meatloaf Sandwich on Bun Steamed Carrots Cucumbers with Ranch Pears Milk</p>	<p><b>20</b> Turkey sausage egg and Cheese Wrap String Cheese Hummus with Baby Carrots Sidekick Milk</p>	<p><b>21</b> Fried Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines Milk</p>	<p><b>15</b> Beef Walking Taco WG Doritos Lettuce and Cheese Salsa Refried Beans Craisins Milk</p>	<p><b>16</b> Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p><b>26</b> Salisbury Steak WG Roll with Butter Steamed Peas Broccoli Florets with Ranch Honey Graham Crackers Pears Milk</p>	<p><b>27</b> Fried Chicken Breast with BBQ String Cheese Steamed Carrots Celery Sticks WG Cornbread Clementines Milk</p>	<p><b>28</b> Hot dog with Bun Wedge Potatoes Mustard and Ketchup Fruitable Banana Milk</p>	<p><b>22</b> WG Beef and Bean Burrito Mixed Vegetables Celery Sticks with Ranch Banana Milk</p>	<p><b>23</b> Pizza Broccoli florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p><b>29</b> WG Queso Pull Apart Refried Beans Baby Carrots Raisins Milk</p>	<p><b>30</b> Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>			

**News**  
\*\*Please note that items may be substituted due to availability\*\*

**Meat/Alternate**

Grades K-5 - 1oz per day/ 8 oz. per week  
Grades 6-8 - 1oz per day/ 9 oz. per week  
Grades 9-12 - 2 oz. per day/ 10 oz. per week

**Grain/Bread**

Grades K-5 - 1oz per day/ 8 oz. per week  
Grades 6-8 - 1oz per day/ 8 oz. per week  
Grades 9-12 - 2oz per day/ 10 oz. per week

**Fruit**

Grade K-8 - ½ cup per day/ 2 ½ cups per week  
Grades 9-12 - 1 cup per day/ 5 cups per week

**Vegetable**

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week  
Grades 9-12 - 1 cup per day/ 5 cups per week  
Milk  
1 cup 1% or Fat Free