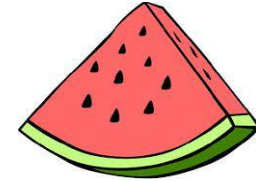


2023 SEPTEMBER LUNCH MENU

PARRY McCLUER HIGH SCHOOL



PB&J SANDWICH W/ STRING CHEESE & GOLDFISH AND SALAD BAR OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
	MENU SUBJECT TO CHANGE			1 CHICKEN FAJITA WRAP CORN REFRIED BEANS FRUIT CHOICE OF LOW FAT MILK
NO SCHOOL	5 CORNDOG BAKED BEANS STEAMED CARROTS FRUIT CHOICE OF LOW FAT MILK	6 SPAGHETTI W/ GARLIC BREAD TOSSED SALAD CORN FRUIT CHOICE OF LOW FAT MILK	7 HOT HAM & CHEESE VEGETABLE BLEND FRIES FRUIT CHOICE OF LOW FAT MILK	8 MEATBALL SUB TOSSED SALAD GREEN BEANS FRUIT CHOICE OF LOW FAT MILK
4 POPCORN CHICKEN W/ ROLL POTATO WEDGES SWEET POTATOES FRUIT CHOICE OF LOW FAT MILK	11 PIZZA TOSSED SALAD GLAZED CARROTS FRUIT CHOICE OF LOW FAT MILK	12 CHICKEN ALFREDO W/ GARLIC BREAD BROCCOLI PEAS FRUIT CHOICE OF LOW FAT MILK	13 SOFT BEEF TACO CORN REFRIED BEANS FRUIT CHOICE OF LOW FAT MILK	14 BBQ BAKED CHICKEN W/ ROLL MASHED POTATOES GREEN BEANS FRUIT CHOICE OF LOW FAT MILK
18 CHICKEN & RICE BROCCOLI PEAS FRUIT CHOICE OF LOW FAT MILK	19 CLUB SANDWICH FRESH VEGGIE CUP SWEET POTATOES FRUIT CHOICE OF LOW FAT MILK	20 PULLED PORK ON BUN COLESLAW BAKED POTATO FRUIT CHOICE OF LOW FAT MILK	21 CHICKEN PATTY ON BUN FRIES VEGETABLE BLEND FRUIT CHOICE OF LOW FAT MILK	22 CHICKEN TENDERS W/ ROLL GREEN BEANS BAKED BEANS FRUIT CHOICE OF LOW FAT MILK
NO SCHOOL	25 PIZZA TOSSED SALAD GLAZED CARROTS FRUIT CHOICE OF LOW FAT MILK	26 CHILI DOG W/ CHIPS BAKED BEANS FRIES FRUIT CHOICE OF LOW FAT MILK	27 GROUND BEEF NACHOS FRESH LETTUCE & TOMATO CUP MEXICALI CORN FRUIT CHOICE OF LOW FAT MILK	28 MAC & CHEESE W/ ROLL GREEN BEANS SWEET POTATOES FRUIT CHOICE OF LOW FAT MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352