

# PREFERRED MEALS

## September LUNCH

### EARLY COLLEGE @ DSU Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
				POPCORN CHICKEN SunSet Sip Juice Potato Rounds Peach Cup Blended Fruit Juice BBQ Sauce Ketchup Multigrain Sun Chips Milk Choice-1% Fat Free
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
LABOR DAY	*NATIONAL CHEESE PIZZA DAY! CHEESE PIZZA Mixed Vegetables Orange Sorbet 100% Juice Mixed Fruit Cup Milk Choice-1% Fat Free	MINI CORN DOGS & CHICKEN FUN MIX French Fries Fresh Baby Carrots Light Ranch Dressing Diced Pears Grape Juice BBQ Sauce Ketchup Pretzels Milk Choice-1% Fat Free	*AROUND THE WORLD DAY* SWEET & SOUR MEATBALLS W/PINEAPPLE BROCCOLI & BROWN RICE Whole Kernel Corn Fresh Apple Lemon Mini Loaf Milk Choice-1% Fat Free	CRISPY CHICKEN FILLET Whole Wheat Bun Taco Beans Diced Carrots Fresh Banana Diced Peaches BBQ Sauce Milk Choice-1% Fat Free
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Garden Vegetables Orange Juice Applesauce Cup Breadstick Milk Choice-1% Fat Free	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Potato Rounds SunSet Sip Juice Peach Cup Diced Pears Syrup Ketchup Milk Choice-1% Fat Free	PEPPERONI PIZZA Romaine Lettuce Cucumbers Light Ranch Dressing Mixed Fruit Cup Fresh Banana Milk Choice-1% Fat Free	MACARONI & CHEESE Green Beans Whole Kernel Corn Fresh Apple Raspberry Cookies Milk Choice-1% Fat Free	*FRESH FEATURE FRIDAY* CHARBROILED HAMBURGER Whole Wheat Bun Maple Baked Beans Green Pepper Strips Fresh Baby Carrots Light Ranch Dressing Fresh Orange Grape Juice Ketchup Mustard Milk Choice-1% Fat Free
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
CHICKEN TENDERS W/SWEET POTATO PUFFS Whole Kernel Corn SunSet Sip Juice Applesauce Cup Mixed Fruit Cup BBQ Sauce Ketchup Vanilla Cookie Milk Choice-1% Fat Free	HOT DOG WITH POTATO ROUNDS Whole Wheat Bun Maple Baked Beans Diced Peaches Grape Juice Mustard Ketchup (2) Multi Grain Sun Chips Milk Choice-1% Fat Free	BBQ CHICKEN Whole Wheat Bun Mixed Vegetables Diced Pears Fresh Orange Milk Choice-1% Fat Free	SAUSAGE PIZZA Romaine Lettuce Cucumbers Light Ranch Dressing Fresh Apple Milk Choice-1% Fat Free	*NEW ITEM* MEATLOAF PANINI French Fries Green Beans Fresh Banana Blended Fruit Juice Ketchup Milk Choice-1% Fat Free
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
MEATLESS MONDAY** PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Orange Juice Diced Peaches Milk Choice-1% Fat Free	CHICKEN QUESO BURRITO Salsa Cup Refried Beans Jalapenos Pineapple Tidbits Applesauce Cup Tortilla Chips Milk Choice-1% Fat Free	*NEW ITEM* TURKEY BURGER WITH POTATO WEDGES Whole Wheat Bun Whole Kernel Corn Fresh Banana Mixed Fruit Cup Chipotle Ranch Ketchup Milk Choice-1% Fat Free	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN Romaine Lettuce Cucumbers Fresh Baby Carrots Light Ranch Dressing Fresh Apple Corn Muffin Milk Choice-1% Fat Free	PENNE PASTA W/MEAT SAUCE Green Beans Fresh Pear Grape Juice Chocolate Chip Minis Milk Choice-1% Fat Free

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.



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