SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
All lunches served with age appropriate milk, either 1% or whole milk. All meals conform to grain requirements of ½ oz equivalent.	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS		Beef Taco Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl Fruit or Chilled Fruit	Italian Meatball 3 ea Sub ½ ea Topped w/ Mozzarella Cheese Fresh Green Beans ¼ c Veggie: Italian Meatless Ball Sub Fresh or Chilled Fruit
5	6	7	8	9
Labor Day Holday	Kid Fav Creamy Mac n' Cheese ½ c California Blend Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Creamy Mashed Potatoes ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Veggie Balls over Rice; Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea ½ oz Whole Grain Bread Hot Cooked Carrot Coins ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Sweet Hot Baby Peas ¼ c Veggie: Rainbow Tortellini Pasta Fresh or Chilled Fruit
12	13	14	15	16
Classic Cheesy Baked Ziti ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Veggie Hawaiian Balls over Rice Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Two-Way Mixed Vegetables ¼ c Veggie: Cavatappi w/ Marinara Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Grilled Chicken Breast 1 ea & Gravy; Creamy Mashed Potatoes ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Morningstar Patty; Fresh or Chilled Fruit
19	20	21	22	23
House Made Creamy Chicken Penne Alfredo ½ c Fresh Green Beans ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Veggie Teriyaki Chik Strips; Fresh or Chilled Fruit	Fresh Grilled Beef Hamburger Patty on Whole Grain Bun 1 ea Fresh Green Beans ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	Kid Fav Creamy Mac n' Cheese ½ c California Blend Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Creamy Mashed Potatoes ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Veggie Balls over Rice; Fresh or Chilled Fruit
26	27	28	29	30
"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea; ½ oz Whole Grain Bread; Fresh Green Beans ¼ c Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit	Chicken Fajita Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl Fruit or Chilled Fruit	Cheddar Cheese Quesadilla 1 ea Capri Blend Hot Mixed Vegetables ¼ c Veggie: Cheese Quesadilla Fresh or Chilled Fruit	Mini Four Cheese Ravioli w/ Marinara Sauce Five-Way Hot Mixed Vegetables ¼ c; Veggie: Mini Four Cheese Ravioli w/ Marinara Sauce; Fresh or Chilled Fruit