


Lunch		<i>September 2019</i>			North Powell				
Monday		Tuesday		Wednesday		Thursday		Friday	
2 		3		4		5		6	
		Cheese Pizza 1 Baked Beans Pineapple Milk		Lasagna Roll up 1 Broccoli Pears Milk		Cheese Burger 1 Carrot sticks Apples Milk		Turkey Gravy 3/8 cup Mashed Potato 1/4 cup Roll 1 Green Beans Mix Fruit Milk	
9		10		11		12		13	
Chicken Nuggets 5 Tater Tot Applesauce Milk		Turkey & Cheese Wrap 1 Baked Beans Peaches Milk		Egg Rolls Chicken 2 Carrot sticks Pineapple Milk		Teriyaki Chicken 1/2 cup Rice 1/2 cup Broccoli Kiwi Milk		Chicken Alfredo 3/4 cup Green Beans Mix Fruit Milk	
16		17		18		19		20	
Bean & Cheese Burrito 1 French Fry Applesauce Milk		Cheese Burger 1 Baked Beans Pineapple Milk		Cheese Pizza 1 Carrot sticks Pears Milk		Mandarin Orange Chicken 2/3 cup Rice 1/2 cup Broccoli Honey Dew Milk		Spaghetti 3/4 cup Green Beans Mix Fruit Milk	
23		24		25		26		27	
Chicken Strips 3 Potato Wedge Applesauce Milk		Fish Wedge 1 Baked Beans Peaches Milk		Grilled Cheese Sandwich 1 Broccoli Pineapple Milk		Turkey & Cheese Sandwich 1 Carrot sticks Oranges Milk		Chicken Burger 1 Green Beans Mix Fruit Milk	
30								31	
Fish Sticks 4 Southwest Vegetables Applesauce Milk								Milk is 1% white All bread items are Whole Grain or whole wheat. 1/2 cup fruit 1/4 cup vegetable	
								Notice Menu Subject to Change without Notice	
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Additional Nutritional Information available at <http://www.ddouglas.k12.or.us/departments/nutrition-services/>

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