

# September 2020

## Forge International

### LUNCH



#### Lunch Prices

K-5: \$3.05  
6-8: \$3.15  
Reduced: \$0.40  
Adult: 4.05



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Blank lunch menu box for Monday.

Taste of Spain Day!  
Chicken and Basque chorizo paella  
Salad w/dressing  
Applesauce  
Milk **1**

Beef and bean burrito  
Corn  
Fruit  
Milk **2**

Chicken sandwich  
Baby carrots w/ranch  
Fruit  
Milk **3**

No school **4**

Labor Day  
No School **7**

Popcorn chicken  
Potato salad  
Vegetable blend  
Fruit  
Milk **8**

Beef soft tacos  
Seasoned black beans  
Fruit  
Milk **9**

Chicken Caesar salad  
Dinner roll  
Fruit  
Milk **10**

Pepperoni and cheese calzone  
Baby carrots  
Fruit  
Milk **11**

Rib-B-Q sandwich  
Baked beans  
Fruit  
Milk **14**

Chicken Parmesan with noodles  
Roasted carrots  
Fruit  
Milk **15**

Salisbury steak  
Mashed potato w/gravy  
Dinner roll  
Fruit  
Milk **16**

Pepperoni Pizza ripper  
Roasted broccoli  
Fruit  
Milk **17**

No school **18**

Cheese Pizza ripper  
Green beans  
Fruit  
Milk **21**

Beef and bean burrito  
Corn  
Fruit  
Milk **22**

Orange Chicken  
Rice  
Stir Fry vegetables  
Fruit  
Milk **23**

Chicken sandwich  
Baby carrots w/ranch  
Fruit  
Milk **25**

No school **25**

Popcorn chicken  
Potato salad  
Vegetable blend  
Fruit  
Milk

Beef soft tacos  
Seasoned black beans  
Fruit  
Milk

Chicken Caesar salad  
Dinner roll  
Fruit  
Milk

