



LUNCH

SEPTEMBER 2019

Florence School District 3

Apples Are Red, Berries Are Blue,
Pears Are Sweet and They Are All
Good for You!

Head Start/Family Literacy

Monday

LABOR DAY

ALL SCHOOLS &
OFFICES CLOSED

Tuesday

Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fresh Apple
Tropical Fruit Mix

Wednesday

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Fruit Juice

Thursday

Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

Friday

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Sidekick
Chilled Peach Cup

Chili Dog on WW Bun
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
Yeast Roll
Pineapple Tidbits
Fresh Apple Slices

BBQ Pork on Bun
Steamed Broccoli w/Cheese
Sauce
Whole Kernel Corn
Kidney Beans
Applesauce
Fresh Tangerine

Chicken Fillet Sandwich
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad w/Grape Toma-
toes
Fruit Juice

Chicken Nuggets
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

Chili Dog on WW Bun
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

Smoked Sausage
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail
Assorted Fresh Fruit

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

Fajita Chicken w/Sweet & Sour
Sauce
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
Sidekick

Cheeseburger on WW Bun
w/Lettuce & Tomato
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

Chicken Fillet Sandwich
Lettuce & Tomato
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

Pizza
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

Fried or Baked Chicken
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

Chili Dog on WW Bun
Seasoned Tater Tots
Cole Slaw
Chilled Mandarin Orange Cup
Sidekick

Chicken Nuggets
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

Menus are Subject to change based on availability.

Milk Choice Daily: 1% White, Skim White
Adult Meal for Lunch - \$3.85

"This is an equal opportunity provider and employer."



K-8 Grades

SEPTEMBER 2019

Florence School District 3

Apples Are Red, Berries Are Blue,
Pears Are Sweet and They Are All
Good for You!

Monday

Labor Day
School/Offices

Closed

Tuesday

Orange Chicken Rice Bowl
Or
Chef Salad
Steamed Broccoli
Celery Sticks w/Dip
Fresh Apple
Tropical Fruit Mix

Wednesday

Ham & Cheese on WW Bun
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Fruit Juice

Thursday

Nachos w/Chili
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

Friday

Chicken Tenders
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Sidekick
Chilled Peach Cup

Hot Dog w/Chili on WW Bun
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Spaghetti w/Meat Sauce
Or
Chef Salad
Green Sweet Peas
Steamed Squash
Yeast Roll
Pineapple Tidbits
Fresh Apple Slices

BBQ Pork on Bun
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Steamed Broccoli w/Cheese Sauce
Whole Kernel Corn
Kidney Beans
Applesauce
Fresh Tangerine

Chicken Fillet Sandwich
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad w/Grape Tomatoes
Fruit Juice

Chicken Nuggets
Or
Chef Salad
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

Baked Corn Dog
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Corn Dog Minis
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

Smoked Sausage
Or
Chef Salad
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail
Assorted Fresh Fruit

Ham & Cheese on WW Bun
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

Fajita Chicken w/Sweet & Sour Sauce
Or
Chef Salad
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
Sidekick

Cheeseburger on WW Bun
w/Lettuce & Tomato
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick

Seasoned Oven Fries
Sliced Peaches
Fruit Juice

Chicken Fillet Sandwich
Lettuce & Tomato
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

Spaghetti w/Meat Sauce
Or
Chef Salad
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

Pizza
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

Fried or Baked Chicken
Or
Chef Salad
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

Hot Dog w/Chili on WW Bun
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Seasoned Tater Tots
Cole Slaw
Chilled Mandarin Orange Cup
Sidekick

Chicken Nuggets
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

Menus are Subject to change based on availability.

"This is an equal opportunity provider and employer."

Milk Choice Daily: Flavored Low-Fat, 1% White, Skim White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry
Adult Meal for Lunch - \$3.85



SEPTEMBER 2019

Florence School District 3

Apples are Red, Berries Are Blue,
Pears are Sweet and They Are All
Good for You!

JPT, LLLC, LCH (HIGH)

Monday

2

Labor Day
All Schools & Offices Closed

Tuesday

3

Orange Chicken Rice Bowl
Or
Salad Bar
Steamed Broccoli
Glazed Carrots
Fresh Apple
Tropical Fruit Mix

Wednesday

4

Ham & Cheese on WW Bun
Or
Sub Station
Lettuce & Tomato
Cut Green Beans
Tomato & Cucumber Salad
Applesauce
Fruit Juice

Thursday

5

Nachos w/Chili
Or
Salad Bar
Whole Kernel Corn
Pinto Beans
Pineapple Tidbits
Assorted Fresh Fruit
Royal Brownie w/ Icing

Friday

6

Chicken Tenders
Or
Assorted Pizza
Green Sweet Peas
WW Yeast Roll
Sidekick
Chilled Peach Cup

Hot Dog w/Chili on WW Bun
Or
Assorted Pizza
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

9

Spaghetti w/Meat Sauce
Or
Salad Bar
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

10

BBQ Pork on Bun
Or
Sub Station
Steamed Broccoli w/Cheese Sauce
Whole Kernel Corn
Kidney Beans
Applesauce
Fresh Tangerine

11

Chicken Fillet Sandwich
Or
Salad Bar
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad w/Grape Tomatoes
Fruit Juice

12

Hot Wings
Or
Assorted Pizza
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

13

Baked Corn Dog
Or
Corn Dog Minis
Or
Assorted Pizza
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

16

Smoked Sausage
Or
Salad Bar
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail
Assorted Fresh Fruit

17

Ham & Cheese on WW Bun
Or
Sub Station
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

18

Fajita Bowl
Or
Salad Bar
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
Sidekick

19

Cheeseburger on WW Bun
W/Lettuce & Tomato
Or
Assorted Pizza
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

20

Chicken Fillet Sandwich
Lettuce & Tomato
Or
Assorted Pizza
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

23

Spaghetti w/Meat Sauce
Or
Salad Bar
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

24

Pizza
Or
Sub Station
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

25

Fried or Baked Chicken
Or
Salad Bar
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

26

Hot Dog w/Chili on WW Bun
Or
Assorted Pizza
Seasoned Tater Tots
Cole Slaw
Mandarin Orange
Sidekick

27

Chicken Nuggets
Or
Assorted Pizza
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

30

Menus are Subject to change based on availability.

"This is an equal opportunity provider and employer."

Milk Choice Daily: Flavored Low-Fat, 1% White, Skim White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry
Adult Meal for Lunch - \$3.85