

SEPTEMBER 2022



FLORENCE
SCHOOL DISTRICT 3
A PREMIER DISTRICT OF CHOICE



LUNCH



7-8 Grades (DREM)

"This institution is an equal opportunity provider."



Nutrition Tip: Be mindful---take your time and notice what you eat. Eating quickly while you're on the run and distracted can mean you eat more food than you need. It takes 30 minutes for your stomach to tell your brain that it's full. Slow down and wait for meals to digest. Minimize distractions such as phones and TV.

Menus are subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices Daily: Low Fat White, Fat Free White, Fat Free Chocolate Alternate Entrée: Chef Salad or Peanut Butter & Jelly Uncrustable with Cheese Stick & WG Crackers or Pizza or Grab n Go Pack (Turkey, Ham & Cheese on Hawaiian Bun with tortilla chips & cheese stick) —all with choice of vegetable and/or fruit. Adult Meal Price: \$4.81			1 Charcuterie Tray OR Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Dip Chilled Fruit Cup Assorted Fresh Fruit	2 Turkey & Cheese Wrap OR Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 No School Labor Day Holiday	6 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	7 BBQ Chicken Seasoned Brown Rice Collard Greens Chilled Fruit Cup Assorted Fresh Fruit	8 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	9 Super Fajita Chicken or Beef Taco OR BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	13 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Fruit Juice	14 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	15 Charcuterie Tray OR Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	16 Turkey & Cheese Wrap OR Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	20 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	21 Chicken Pileau Yeast Roll Field Peas Steamed Broccoli Chilled Fruit Cup Assorted Fresh Fruit	22 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	23 Super Fajita Chicken or Beef Taco OR BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	27 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	28 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	29 Charcuterie Tray OR Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Dip Chilled Fruit Cup Assorted Fresh Fruit	30 Turkey & Cheese Wrap OR Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit