

Shepherd School District #37

September Lunch Menu 2022

Page 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | | | 1 Corn Dogs Chef's Salad Fruit MILK - Variety | 2 Chicken Nuggets Chef's Salad Fruit MILK - Variety |
| 5 NO SCHOOL TODAY | 6 Hamburgers French Fries Fruit Chef's Salad | 7 Chicken Fajitas Chef's Salad Fruit MILK - Variety | 8 Meatball Subs Fruit Chef's Salad MILK - Variety | 9 Pizza Sticks Fruit Chef's Salad MILK - Variety |
| 12 Sloppy Joe Fruit Chef's Salad MILK - Variety | 13 French Toast Sticks Sausage Links Hash Brown Fruit Chef's Salad MILK - Variety | 14 Pork Roast Gravy Mashed Potatoes Fruit Chef's Salad MILK - Variety | 15 Mac & Cheese Chicken Strips BAKED BEANS Fruit Chef's Salad MILK - Variety | 16 Bean Burrito Fruit Chef's Salad MILK - Variety |
| 19 Pizza Cheese Pizza pepperoni Fruit Chef's Salad MILK - Variety | 20 Soft Shell Taco Fruit Chef's Salad MILK - Variety | 21 Chicken Alfredo Bread Sticks Fruit Chef's Salad | 22 Chili Cinnamon Rolls Fruit Chef's Salad MILK - Variety | 23 Hot Dog Fruit Chef's Salad MILK - Variety |
| 26 Ham Sandwich Potato w/ Bacon Soup Fruit Chef's Salad MILK - Variety | 27 Nacho Surprise Fruit Chef's Salad MILK - Variety | 28 Oven Fried Chicken Dinner Roll Mashed Potatoes Fruit Chef's Salad MILK - Variety | 29 Pulled Pork Sandwich Fruit Chef's Salad MILK - Variety | 30 Chrispitos Fruit Chef's Salad MILK - Variety |

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient. * - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.