

Cotting School  
September 2023, Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered Daily
		Aug 30) Grilled Cheese Sand. Boiled Eggs (SBar) Pasta Salad Fruit Salad	Aug 31) Tuna Salad S. Tuna w/mayo & wraps Honey Turkey (SBar) Pasta Salad Fruit Salad	1)  School closed	<p>Salad Bar includes: Greens, a variety of vegetables, protein choices, and different cheeses</p> <p>Alternative Meals: Cheese Sandwiches Sun Butter Sandwiches Sun Butter &amp; Jelly Sandwiches with yogurt</p> <p>Other Options: Yoplait Yogurt 6oz Greek Yogurt 6oz Fresh Fruit</p> <p>Drinks: 1% Low Fat Milk Skim fat Free Milk And once a week Fat Free Chocolate Milk</p> <p>Soup on Wednesday and Friday.</p> <p>For Food ALLERGY - Check with Kitchen Staff</p> <p style="text-align: center;"><i>Menus are subject to change</i></p>
4)  Holiday	5) Turkey & Cheese Sand Turkey& wraps (SBar) Pasta Salad Fruit Salad	6) Grilled Cheese Sand Boiled Eggs (SBar) Pasta Salad Fruit Salad	7) Tuna Salad Sand. Tuna w/mayo & wraps Pasta Salad Honey Turkey (SBar) Fruit Salad	8)Ham & Cheese Sand Ham & wraps (SBar) Grilled Chicken (SBar) Pasta Salad Fruit Salad FF Chocolate Milk	
11) Tortellini w/ light Sauce Gluten Free Pasta Broccoli Honey Turkey (SBar) Salad Fruit	12) Chicken Fingers Gluten Free Chicken Puzzle Potato Fries Grilled Chicken (SBar) Sweet & Sour Sauce Salad Fruit	13) Turkey & Cheese Sandwiches Turkey & wraps (SBar) Pasta Salad Salad Fruit	14) Fish Fillet Sweet Potato Fries Tartar Sauce Chicken Salad (SBar) Salad Fruit	15) Grilled Cheese Sandwiches Pasta Salad Boiled Eggs (SBar) Salad Fruit FF Chocolate Milk	
18) Lasagna w/light Sauce Gluten Free Pasta Mixed Veggies Honey Turkey (SBar) Salad Fruit	19) Chicken Nuggets Chicken Cutlet Gluten Free Chicken French Fries Boiled Eggs (SBar) Salad Fruit	20) Ham & Cheese Sandwiches Ham & wraps (SBar) Pasta Salad Grilled Chicken Salad Fruit	21)  Chili Green Beans Corn Bread Honey Turkey (SBar) Salad Fruit	22) Grilled Cheese Sandwiches Chicken Salad (SBar) Pasta Salad Fruit Salad FF Chocolate Milk	
25) Stuffed Shells w/ light sauce Green Beans Gluten Free Pasta Honey Turkey (SBar) Fruit Salad	26) Chicken Fingers Gluten Free Chicken Puzzle Potato Fries Sweet & Sour Sauce Grilled Chicken (SBar) Salad Fruit	27) Turkey & Cheese Sandwiches Turkey & wraps (SBar) Pasta Salad Salad Fruit	28) Fish Fillet Sweet Potato Fries Tartar Sauce Boiled Eggs (SBar) Fruit Salad	29) Ham & Cheese S. Ham & wraps Pasta Salad Tuna w/mayo (SBar) Fruit Salad FF Chocolate Milk	

**A Healthy Lunch Includes:**

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| <ol style="list-style-type: none"> <li>1. Meat/Meat Alternate</li> <li>2. Grain</li> <li>3. Milk</li> </ol> | <ol style="list-style-type: none"> <li>4. Fruit</li> <li>5. Vegetable</li> </ol> |
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**Student must choose at least 3 of the 5 choices including:**

- ½ cup of fruit or vegetable
- At least two other choices

***For Best Nutrition Choose all Five Choices!***