



# CAESAR RODNEY SCHOOL DISTRICT ELEMENTARY / MIDDLE SCHOOL LUNCH MENU SEPTEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
		Aug. 31 *Meat-lover's Pizza *Chicken Patty Sandwich  Steamed Carrots Roasted Fresh Cauliflower	1 *Buffalo Chicken Mac & Cheese w/ roll *Manager's Choice Chef Salad w/rolls  Stewed Tomatoes Steamed Peas	2  <b>No School!</b>
5  <b>No School!</b>	6 *Dragon Noodles w/roll *Very Berry Yogurt Parfait with Granola  Steamed Broccoli Mixed Vegetables	7 *Mickey's Cheese Pizza *BBQ Chicken BLT Sandwich  Steamed Carrots Roasted Fresh Cauliflower	8  *Chili Cheese Nachos with Tostitos *Turkey Chef Salad w/rolls  Taco Fiesta Beans Steamed Peas	9 *Fish Nuggets w/ roll *Chicken Cheesesteak  Oven Baked Fries Steamed Corn
12 *Tyson Chicken Tenders w/roll *Vegetarian Protein Power Pack  Cheesy Mashed Potatoes Steamed Green Beans	13 <b>NO SCHOOL</b> 	14 *Pepperoni Pizza (Turkey Pepperoni) *Chicken Tender Wrap  Glazed Carrots Steamed Broccoli	15 *Sausage, Egg & Cheese Croissant *Manager's Choice Chef Salad w/rolls  Tater Tots Steamed Peas	16 *Mozzarella Sticks w/ Marinara Sauce *Berk's All-Beef Hot Dog  Steamed Corn Baked Beans
19 *Chicken Drumstick w/Mac & Cheese & roll *Fruit & Yogurt Parfait with Granola Stewed Tomatoes Steamed Green Beans	20  *General Tso's Chicken w/rice *Cheese Quesadilla w/salsa  Steamed Broccoli Mixed Vegetables	21 *Mickey's Cheese Pizza *Turkey & Cheese Sub  Fresh Baby Carrots Roasted Fresh Cauliflower	22 *Turkey Taco with Tostitos *Turkey Chef Salad w/rolls  Taco Fiesta Beans Steamed Peas	23  <b>Teacher Inservice Day</b>
26 *Tyson Chicken Chunks w/roll *Hummus Cup with Soft Pretzel  Oven Baked Fries Steamed Green Beans	27  *Tangerine Chicken w/rice & roll *Peach Yogurt Parfait with Granola  Steamed Broccoli Mixed Vegetables	28 *World School Milk Day* *Meat-lover's Pizza *Chicken Patty Sandwich  Steamed Carrots Roasted Fresh Cauliflower	29 *Buffalo Chicken Mac & Cheese w/ roll *Manager's Choice Chef Salad w/rolls  Stewed Tomatoes Steamed Peas	30 *Pizza Crunchers w/Marinara *Beef Cheesesteak  Steamed Corn Baked Beans

A Lunch May Consist of:

- 1 – Entrée Choice (Meat + Grain)
- 2 – Vegetable Choices
- 2 – Fruit / Fruit Juice
- 1 – Milk Choice

\*USDA requires that a student select at least three items including a vegetable OR a fruit OR Fruit juice.

**Milk Choices**

- 1% or Skim White
- Fat Free Chocolate
- Fat Free Strawberry



**Available Daily:**

- Fresh Garden Side Salad
- Assorted Fresh Fruits
- Assorted Cupped Fruit
- PBJ Uncrustable Sandwich



\*All Bread Products Are Whole Grain\*

