



# SEPTEMBER | 2017

## Chattanooga Girls Leadership Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Build Your Own Turkey Burger on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
4 Holiday- No School	5 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Broccoli Choice of up to 2 Fruits Choice of up to 1 Milk	6 Whole Grain Personal Pizza Caesar Salad Bar featuring Great Northern Beans Choice of up to 2 Fruits* Choice of up to 1 Milk Enter Text Here	7 Whole Grain Soy Butter and Jam Sandwich Featuring Baked Potato Bar Choice of up to 2 Fruits* Choice of up to 1 Milk Whole Grain Goldfish Graham Cracker	8 Whole Grain Cheese Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk
11 Grilled Chicken Sandwich on Whole Grain Bun Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	12 Whole Grain Breaded Spicy Chicken Patty House Salad Bar featuring Kidney Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	13 Whole Grain Panini Melt with Turkey and Cheese Broccoli and Carrots Choice up to 2 Fruits Choice up to 1 Milk	14 Whole Grain Chicken Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	15 Build Your Own Turkey Burger on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
18 BBQ Pork Sandwich Whole Grain Bun House Salad Bar featuring Baked Beans Choice up to 2 fruits* Choice up to 1 milk	19 Grilled Chicken Sandwich Carrot and Celery Sticks Featuring Baked Potato Bar Whole Grain Roll Choice up to 2 fruits* Choice up to 1 milk	20 Whole Grain Pizza Sticks Marinara Sauce House Salad bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	21 Build Your Own Shaker Salad Diced Ham, Hard boiled eggs. Salad bar featuring Garbanzo Beans Choice of up to 2 Fruits*	22 Whole Grain Personal Pizza Caesar Salad Bar featuring Great Northern Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
25 Soft-Shell Taco Bar With Beans House Salad Bar featuring Corn Choice of up to 2 Fruits* Choice of up to 1 Milk	26 Build Your Own Cheeseburger on Whole Grain Bun House Salad Bar featuring Broccoli Choice of up to 2 Fruits Choice of up to 1 Milk	27 Whole Grain Personal Pizza Caesar Salad Bar featuring Great Northern Beans Choice of up to 2 Fruits* Choice of up to 1 Milk Enter Text Here	28 Whole Grain Soy Butter and Jam Sandwich Featuring Baked Potato Bar Choice of up to 2 Fruits* Choice of up to 1 Milk Whole Grain Goldfish Graham Cracker	29 Whole Grain Cheese Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk Enter Text Here

### News

#### Lunch Includes

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetable \***
- **Choice of up to 2 fruits \***
- **Choice of up to 1 Milk**

**\*A lunch must include ½ cup of fruit or vegetable and 2 full other components**

**\*Middle school students receive a maximum of 1 fruit with their lunch**

#### **Other Daily Lunch Entrée Options:**

**>Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers**

**>Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker**