

Nederland Jr./Sr. High Menu - September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Garlic Chicken Pasta Cheesy Garlic Pasta Turkey Ham and Cheese Grinder	2 Professional Development Day- No School	3
4	5 Labor Day – No School	6 Sausage Pizza Cheese Pizza Chicken Caesar Wrap	7 Chicken Burrito Bean and Chz Burrito Chicken Pot Pie w/ Biscuit Brown Rice	8 Cheesy Baked Penne Marinara Roasted Turkey and Cheese Melt	9 Chicken or Tofu Teriyaki Stir-fry w/ Rice Chili Dog	10
11	12 Sausage Pizza Cheese Pizza Toasted Turkey and Jack Sandwich	13 Hot Turkey, Mashed Potatoes and Gravy w/ Biscuit Vegetarian Chili w/ Biscuit	14 Crispy Chicken Taco Crispy Bean & Chz Taco Hamburger/ Cheese burger Refried Beans	15 Cajun Chicken Grinder Pasta Marinara Cheese Pizza	16 Mac and Cheese Hot and Spicy Roast Chicken w/ Roll	17
18	19 Sausage Pizza Cheese Pizza Chicken Caeser Wrap	20 Beef Nachos Bean and Cheese Nachos Chili Dog Refried Beans	21 Teriyaki Glazed Colorado Chicken or Tofu w/Rice Toasted Chz Sandwich Cheese Pizza	22 Pasta with Meat Sauce Pasta Marinara Turkey Ham and Cheese Grinder	23 Garlic Chicken Pasta Cheesy Garlic Pasta Crispy Beef Tacos Brown Rice	24
25	26 Cheese Pizza Vegetarian Southwest Wrap MEATLESS MONDAY	27 Chicken Burrito Bean and Cheese Burrito Honey Chipotle Roast Chicken Br. Rice	28 Hamburger/ Cheeseburger Veggie Cheeseburger Chicken Fajitas Refried Beans	29 Chilaquiles (Chicken Tortilla Casserole) Cheese Quesadilla Turkey and Cheese Deli Sandwich	30 Chicken Parmesan w/ Cheesy Baked Penne Marinara Cheese Pizza	

Unlimited Salad Bar, skim milk, organic 1% milk and fresh fruit offered daily.