




Hoosac Valley Middle/High School Lunch Menu for September 2018

Welcome Back!

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Aug. 29 Chicken Patty Sandwich Assorted Toppings French Fries, Carrots Baked Beans, Fruit	Aug. 30 Mozzarella Sticks Marinara Sauce Green Beans Cauliflower, Fruit	Aug. 31 Pepperoni Pizza Tuna Macaroni Salad Seasoned Broccoli Fruit	Avg Cal - 840
Sept. 3 ~ NO SCHOOL 	Sept. 4 Ham & Cheese Croissant Tomato Soup Cauliflower, Spinach Fruit	Sept. 5 Meatball Grinder Grated Cheese WW Dinner Roll Sweet Potatoes, Broccoli Fruit	Sept. 6 Taco Bowl Assorted Toppings Brown Rice Tostito Scoops Green Beans, Fruit	Sept. 7 Hoosac Hamburger Assorted Toppings French Fries Baked Beans, Carrots Fruit	Avg Cal - 807
Sept. 10 Hot Dogs on a Bun Tater Tots Baked Beans Green Beans, Fruit	Sept. 11 Spaghetti w/Meat Sauce Grated Cheese WW Bread & Butter Spinach, Peas, Fruit	Sept. 12 Mashed Potato Bowl Diced Chicken & Gravy WW Dinner Roll Corn, Carrots, Fruit	Sept. 13 Hoosac Sub Assorted Toppings Sweet Potatoes Baked Chips, Fruit	Sept. 14 Pizza Fresh Tossed Salad Seasoned Broccoli Fruit	Avg Cal - 781
Sept. 17 Chicken Tenders Assorted Sauces French Fries, Broccoli Baked Beans, Fruit	Sept. 18 Breaded Pork Patty Mashed Potatoes & Gravy, Carrots, Peas WW Bread & Butter Fruit	Sept. 19 EARLY DISMISSAL BREAKFAST WILL BE SERVED ~ NO LUNCH	Sept. 20 Chicken Quesadilla Brown Rice Sweet Potatoes Green Beans, Fruit	Sept. 21 Hamburg or Fish Sandwich, Assorted Toppings, Spinach French Fries Cauliflower, Fruit	Avg Cal - 825
Sept. 24 Mozzarella Sticks Marinara Sauce Three Bean Salad Spinach, Fruit	Sept. 25 Sweet & Sour Chicken WW Bread & Butter Brown Rice, Broccoli Carrots, Pineapple	Sept. 26 Baked Potato Assorted Toppings Broccoli, Green Beans Fruit	Sept. 27 Chili Cheese Burrito Brown Rice Corn, Peas Fruit	Sept. 28 Pizza Fresh Tossed Salad Carrots Fruit	Avg Cal - 757

****Daily lunch alternative: Peanut Butter & Jelly or Soup/Salad Bar.**

Milk is served with all meals.

****Any food allergy should be reported to the school nurse.**

Menu is subject to change without notice.

This institution is an equal opportunity provider.