



New Heights School

September Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	9/1	9/2	9/3	9/4
	Main Entrée Italian Dunker Sides Garden Salad and Garlic Knot Garlic Herb Roasted Potatoes Chocolate Chip Cookie Fresh Fruit & Veggie Bar Alternates Chicken Wild Rice Soup Uncrustable	Main Entrée Pepperoni or Margherita Pizza Sides Cucumber and Tomato Salad Roasted Root Veggies Fresh Fruit & Veggie Bar Alternates Ham and Cheese Sub Uncrustable	Main Entrée Chicken Alfredo Pasta Sides Caesar Salad Garlic Breadstick served w/pasta only Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	NO SCHOOL
9/7	9/8	9/9	9/10	9/11
NO SCHOOL	Main Entrée Bite Size Pizza Pillows Sides Crispy french fries Caesar salad Fresh Fruit & Veggie Bar Alternates Crispy Chicken Sandwich Uncrustable	Main Entrée Cheese or Turkey Sausage Pizza Sides Broccoli Cranberry Salad Crispy potato coins Fresh Fruit & Veggie Bar Alternates Ham and Cheese Sub Uncrustable	Main Entrée Orange Chicken or General Tso Chicken Sides Roasted Broccoli White Rice Fortune cookie Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Chicken or Beef Walking Taco Sides Fiesta black beans Spanish rice Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable
9/14	9/15	9/16	9/17	9/18
Main Entrée Chicken Tenders or Hawaiian Chicken Burger Sides Crispy French Fries Pineapple Jalapeño Slaw Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Crossiant Uncrustable	Main Entrée Italian Dunker Sides Garlic Herb Roasted Potatoes Chocolate Chip Cookie Cinnamon Applesauce Fresh Fruit & Veggie Bar Alternates Deli Club Sandwich Uncrustable	Main Entrée Pepperoni or Margherita Pizza Sides Italian Chop Salad Onion Rings Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Penne Pasta w/Bolognese Sauce Sides Caesar Salad Breadstick Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Chicken or Pork Burrito Bowl Sides Cilantro Lime Rice Cowboy Caviar Salad Fresh Fruit & Veggie Bar Alternates Chicken Salad Crossiant Uncrustable
9/21	9/22	9/23	9/24	9/25
Main Entrée Macaroni and Cheese Sides Mashed Potatoes w/Chicken Gravy Caprese Salad Dinner roll and corn Fresh Fruit & Veggie Bar Alternates Popcorn Chicken bowl Uncrustable	Main Entrée Bite Size Pizza Pillows Sides Crispy french fries Greek Salad Strawberry Applesauce Fresh Fruit & Veggie Bar Alternates Crispy Chicken Sandwich Uncrustable	Main Entrée Cheese or Dill Pickle Garlic Pizza Sides Caesar salad Crispy potato coins Fresh Fruit & Veggie Bar Red Velvet Cookie Alternates Ham and Cheese Sub Uncrustable	Main Entrée Orange Chicken or General Tso Chicken Sides Roasted Broccoli White Rice & Fortune cookie Apple Slices w/Caramel Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Chicken or Beef Walking Taco Sides Fiesta black beans Spanish rice Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable
9/28	9/29	9/30		
NO SCHOOL	Main Entrée Italian Dunker Sides Garden Salad and Garlic Knot Garlic Herb Roasted Potatoes Chocolate Chip Cookie Fresh Fruit & Veggie Bar Alternates Chicken Wild Rice Soup Uncrustable	Main Entrée Pepperoni or Margherita Pizza Sides Cucumber and Tomato Salad Roasted Root Veggies Fresh Fruit & Veggie Bar Alternates Ham and Cheese Sub Uncrustable		

Ala Carte Milk \$0.65

This institution is an equal opportunity provider.