

CET Lunch

September 2021

Daily Beverage Options:

- Cream-O-Land Milk
 - 1% Milk
 - 1% Chocolate Milk
- Lactose Friendly Milk
- Daily assortment of Fruit Juice

30
School Closed

31
School Closed

1
Chicken Patty on WG Bun
Or
Chicken Breast Salad

Grape Tomatoes
Fresh Orange

2
Chicken Penne Alfredo
w/WG roll
Or
Turkey Entrée Salad

Seasoned Peas and Carrots
Fresh Apple

3
Cheese Pizza
Or
Ham Salad

Broccoli
Fresh Banana

6
School Closed

7
School Closed

8
School Closed

9
Beef Nachos W/ WG
Tortilla Chips and
cheddar cheese
Or
Ham Entrée Salad

Applesauce
Broccoli

10
Cheese Pizza
Or
Garden Salad

Seasoned Corn
Fresh Orange

Gluten Free Pizza Available

Check out our daily options!

- WG bagels bag or SunButter and Jelly Sandwich on WG Bread
 - Includes- Philadelphia Cream Cheese, 2 string cheese sticks or yogurt, Fruit and Milk
- Boar's Head deli Sandwiches served with Milk, fruit and vegetable

13
Breakfast for Lunch!
French Toast Sticks
w/Syrup & Turkey
Sausage Patty
Or
Garden Salad

Fresh Orange
Tater Tots

14
Cheese Quesadilla
Or
Turkey Entrée Salad

Fresh Pear
Spinach

15
Cheeseburger on WG
Bun
Or
Ham Entrée Salad

Fresh Orange
Celery Sticks

16
School Closed

17
Cheese Pizza
Or
Garden Salad

Baby Carrots
Fresh Pear

Gluten Free Pizza Available

- Salads are made served with pre-packaged croutons

Ask us about our specialty diet options:

- Gluten Friendly Bread
- Chex Cereal
- Vegetarian Salad

Protein Index: The indicators below will help identify proteins, if not named in the menu item
Pork Items= (P) Chicken = (C)
Turkey= (T) Beef= (B)

18
Macaroni & Cheese
Or
Breaded Chicken entrée
Salad

Garbanzo Beans
Fresh Orange

21
Beef Taco
Or
Turkey Entrée Salad

Celery Sticks
Peaches

22
Beef Hot Dog on WG roll
Or
Ham Entrée Salad

Carrot Sticks
Raisins

23
Beef Meatball Sub on
WG Roll
Or
Turkey Entrée Salad

Roasted Red Potatoes
Fresh Banana

24
Cheese Pizza
Or
Garden Salad

Seasoned Green Beans
Pineapple

Gluten Free Pizza Available

27
Chicken Tenders on WG
Roll
Or
Ham & Turkey Chef Salad

Roasted Red Potatoes
Raisins

28
Cheese Quesadilla
Or
Chicken Entrée Salad

Seasoned Peas
Applesauce

29
Hamburger on WG Bun
Or
Garden Salad

Tater Tots
Strawberries

30
Chicken Penne Alfredo
Or
Breaded Chicken Entrée
Salad

Roasted Sweet Potatoes
Fresh Banana

1
Cheese Pizza
Or
Ham Entrée Salad

Seasoned Green Beans
Pineapple

Gluten Free Pizza Available



This institution is an equal opportunity provider.